

NATURALOPY

PRECEPT 6

COMPASSION





NATURALOPY

CELEBRATING HUMANITY

Since time immemorial, our ancestors have gone to great lengths to fabricate myths and fables to answer the six primary existential questions of life:

- Where did we come from?
- What is our purpose in life?
- Why do bad things happen to us?
- Is there a god?
- Are we alone in the Universe?
- What happens to us after we die?

For thousands of years, the East Indians, Sumerians, Babylonians, Persians, Greeks, Egyptians, Romans, Mayans, and other great civilizations of the past have conjured fairy tales of a god or group of gods to justify their existence. We now look at their abandoned gods and think how naive and backward our ancestors must have been.

Today, the Christians, Jews, and Muslims hold steadfast to the idea that an omnipotent figure created the Universe and Earth 6,000 - 10,000 years ago. And that all humans were seeded by Adam and Eve in the Garden of Eden somewhere in modern day Iran or Iraq. These beliefs persist despite the fact that science has refuted and disclaimed those assertions with empirical evidence—evidence that can be verified by anyone willing to do the research. Most don't, thus the perpetual conflict between the Christians, Jews, and Muslims.

The Universe is roughly 13.8 billion years old; the Earth 4.6 billion years old; Humans are the product of evolution, 4.3 billion years in the making.

There is no need to attribute to the gods what Humanity has achieved.

Naturalopy (naCHərə lō pē)

noun

1. The philosophy of adopting universal knowledge and collective wisdom from historical and contemporary sources to form a belief system.
2. The Naturalopist belief system, founded on the shared knowledge and experiences of Humanity; modern philosophy; natural philosophy.

Naturalopist (naCHərə lō pist)

noun

1. One who believes in universal knowledge and collective wisdom as a basis for her or his moral guidelines and belief system; naturalist; spiritualist.
2. One who embraces the 20 Naturalopic Precepts as a guideline for a worldview; acknowledges the law of cause and effect.
3. One who adopts preeminent ideologies and philosophies regardless of their origin; objective mindset.

Naturalopic (naCHərə lō pik)

adjective

Of or relating to the precepts of Naturalopy; collective knowledge, objectivity, cause and effect, empirical evidence, spirituality, transparency, natural philosophy, Nature; equality before the Law, beneficial to Humanity.

The 20 Precepts of Naturalopy

Precept (pre sept)
noun

A rule, directive, or principle that guides one’s actions, particularly as pertains to moral conduct.

Naturalopy is structured into 20 primary precepts, most of them with supporting precepts.

- | | |
|-----------------|-----------------|
| 1. Freewill | 11. Happiness |
| 2. Karma | 12. Love |
| 3. Simplicity | 13. Dreams |
| 4. Health | 14. Wisdom |
| 5. Spirituality | 15. Success |
| 6. Compassion | 16. Suffering |
| 7. Purpose | 17. Forgiveness |
| 8. Virtue | 18. Salvation |
| 9. Attitude | 19. Liberty |
| 10. Character | 20. Time |

When taken as a whole and expanded in detail, the Naturalopic framework of 20 precepts is more comprehensive in scope than any single religion or philosophy because it embraces all available knowledge.

Life can be complex, therefore our moral guidelines and belief system are only complete, accurate, and objective when they’re derived from multiple historical and contemporary sources, regardless of their origin.

Life did not come with a manual. Life is a learning process. We make mistakes; we are not sinners. The better choices we make, the higher our quality of life. But we can only make better choices when we are enlightened...

NATURALOPY

PRECEPT 6

COMPASSION



PRECEPT 6

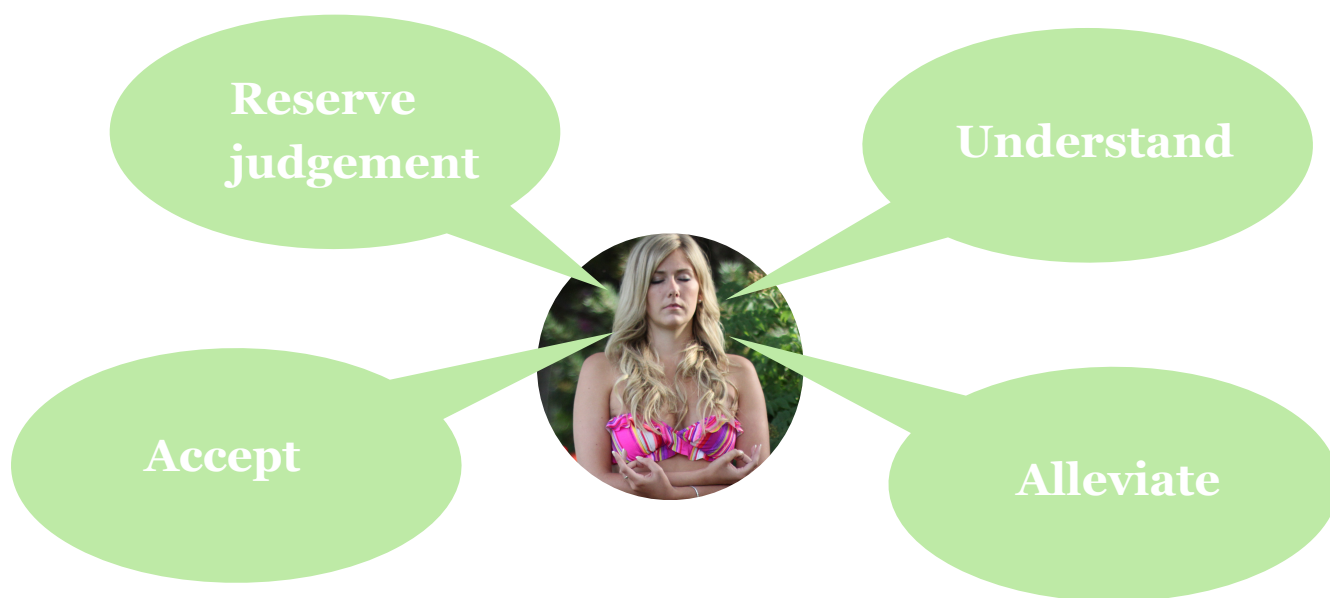
COMPASSION

compassion

empathy, benevolence, kindness, mercy, sympathy

1. Awareness of another person's suffering and the desire to alleviate it.

If compassion had a mental process, it would be this: reserve judgement, understand, accept, and relieve.



The most difficult part is to understand what someone else is going through if we have not been through the exact experience ourselves. However, if we have been a recipient of compassion, then we know how uplifting it is. Therefore, we don't need to exactly understand what someone else is going through to show them compassion. We just need to know that compassion will brighten their spirit. In return, it brightens our spirit.



If you want others to be happy, practice compassion.
If you want to be happy, practice compassion.

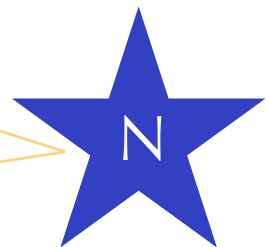
Dalai Lama XIV

No one cares how much you know,
until they know how much you care.



Theodore Roosevelt

When you find yourself judging someone or something
else, ask yourself, “What am I judging inside of me?” Or,
“Where do I have that judgement inside of myself?”



Naturalopist

We can never judge the life of others, because each per-
son knows only their own pain and renunciation. It's
one thing to feel that you are on the right path, but it's
another to think that yours is the only path.



Paulo Coelho



What do we live for; if it is not to make life less difficult for each other?

Mary Ann Evans

When we send love in response to hate, we become spiritual alchemists.



Wayne Dyer



You can disagree with someone and still accept their lifestyle.
You can love someone even if you disagree with their beliefs.

You can show compassion to someone even if your values are different than theirs.

Naturalopist

A lot of the problems in the world would disappear if we talk to each other instead of about each other.



Motherly Advice



There is a calmness to a life lived in gratitude, a quiet joy.

Ralph H. Blum

Our human compassion binds us the one to the other—not in pity or patronizingly, but as human beings who have learnt how to turn our common suffering into hope for the future.



Nelson Mandela

It is not until you become a mother that your judgment slowly turns to compassion and understanding.



Erma Bombeck

If you propose to speak, always ask yourself: Is it true? Is it necessary? Is it kind?



Buddha

Some believe it is only great power that can hold evil in check, but that is not what I have found. I have found that it is the small everyday deeds of ordinary folk that keep the darkness at bay. Small acts of kindness and love.



J.R.R. Tolkien

If someone thinks that love and peace is a cliché that must have been left behind in the sixties, that's his problem. Love and peace are eternal.



John Lennon



Naturalopist

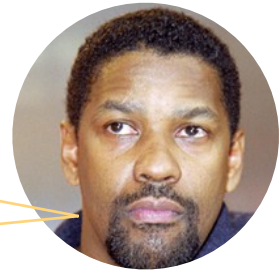
A child is like a butterfly in the wind. Some can fly higher than others, but each one flies the best it can. Why compare one with another? Each one is different. Each one is special. Each one is beautiful. Each one deserves compassion.



Steve Forbes

You don't have to approve of something that someone does to have compassion and love.

At the end of the day, it's not about what you have or even what you've accomplished. It's about what you've done with those accomplishments. It's about who you've lifted up, who you've made better. It is about what you've given back.



Denzel Washington



Compassion for animals is intimately connected with goodness of character; and it may be confidently asserted that he who is cruel to animals cannot be a good man.

Arthur Schopenhauer



Be kind to unkind people. They need it the most.

Naturalopist

We judge what we don't understand.



Naturalopist

You can't judge people and touch their souls at the same time.

Tama Kievs



Before you accuse me, take a look at yourself.



Eric Clapton



Undisturbed calmness of mind is attained by cultivating friendliness toward the happy, compassion for the unhappy, delight in the virtuous, and indifference toward the wicked.

Patanjali



Every time we think a hateful thought we hurt ourselves.

Marcus Aurelius



The heart is like a garden. It can grow compassion, resentment, or love. What seeds will you plant in your heart?

Buddha

How we treat the vulnerable is how we define ourselves as a species.



Russell Brand



At the end of the day you will not remember the person with the most beautiful face but you will remember the person with the most beautiful heart and soul.

Naturalopist

The highest forms of understanding we can achieve are laughter and human compassion.



Richard Feynman

I'm convinced of this: Good done anywhere is good done everywhere. As long as you're breathing, it's never too late to do some good.



Maya Angelou

Peace has never come from dropping bombs. Real peace comes from enlightenment and educating people to behave more in a divine manner.



Carlos Santana

Our job is not to toughen our children up to face a cruel and heartless world. Our job is to raise children who will make the world a little less cruel and heartless.



L.R. Knost



Being a good person does not depend on your religion, status in life, race, skin colour, political views, or culture. It depends on how you treat others.

Motherly Advice

How far you go in life depends on your being tender with the young, compassionate with the aged, sympathetic with the striving, and tolerant of the weak and strong. Because someday in your life you will have been all of these.



George Washington Carver

Give but don't allow yourself to be used.
Love but don't allow your heart to be abused.
Trust but don't be naive.
Listen to others but don't lose your own voice.
Be compassionate but don't lose yourself.



Naturalopist

Only a life lived for others is a life worthwhile.



Albert Einstein



Some people build houses, while others build people; of the two I would rather be the latter.

Rassool Jibraeel Snyman



People hasten to judge in order not to be judged themselves.

Albert Camus

Few things can help an individual more than to place responsibility on him, and to let him know that you trust him.



Booker T. Washington



Wisdom, compassion, and courage are the three universally recognized moral qualities of men.

Confucius

Man is always inclined to be intolerant towards the thing, or person, he hasn't taken the time adequately to understand.



Robert R. Brown



Compassion will cure more sins
than condemnation.

Henry Ward Beecher

All cruelty springs from weakness.



Seneca

A mature person is one who does not think only in absolutes, who is able to be objective even when deeply disturbed emotionally, who has learned that there is good and bad in all people and things, and who walks humbly and deals charitably with circumstances of life.



Eleanor Roosevelt

If you would lift me up you must be on higher ground.



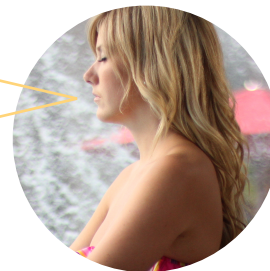
Ralph Waldo Emerson



Every man must decide whether he will walk in the light of creative altruism or in the darkness of destructive selfishness.

Martin Luther King, Jr.

Make yourself feel special today. Perform a random act of compassion.



Naturalopist

If we can't actively practice compassion, then the next best thing is: don't judge. Accept people for who they are and let them be. The adage "It's not my place to judge" is passive compassion and it provides peace of mind.



Trung Nguyen



If your compassion does not include yourself, it is incomplete.

Buddha

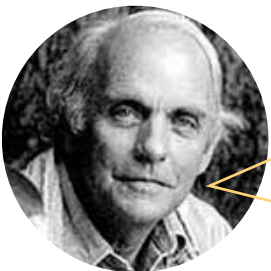
When you judge others, you're not defining them. You're defining yourself.

Wayne Dyer



Continue to do little things for others. Those little things may seem small to you but big in the hearts of those who need it most.

Naturalopist



Compassion is sometimes the fatal capacity for feeling what it is like to live inside somebody else's skin. It is the knowledge that there can never really be any peace and joy for me until there is peace and joy finally for you too.

Frederick Buechner

Make no judgments where you have no compassion.

Anne McCaffrey



THE PARADOXICAL COMMANDMENTS

People are illogical, unreasonable, and self-centered.
Love them anyway.

If you do good, people will accuse you of selfish ulterior motives.
Do good anyway.

If you are successful, you will win false friends and true enemies.
Succeed anyway.

The good you do today will be forgotten tomorrow.
Do good anyway.

Honesty and frankness make you vulnerable.
Be honest and frank anyway.

The biggest men and women with the biggest ideas can be shot down by the smallest men and women with the smallest minds.
Think big anyway.

People favor underdogs but follow only top dogs.
Fight for a few underdogs anyway.

What you spend years building may be destroyed overnight.
Build anyway.

People really need help but may attack you if you do help them.
Help people anyway.

Give the world the best you have and you'll get kicked in the teeth.
Give the world the best you have anyway.

Kent M. Keith



GRATITUDE

gratitude

appreciation, thankfulness, acknowledgment, obligation, gratefulness

1. The state of being grateful.
2. The state of being thankful and appreciative for one's existence, for being alive with the opportunity to enjoy life, change, and make a difference.

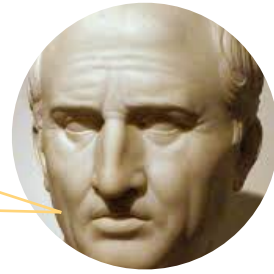
Of all the things we should be grateful for in life, the first is that we actually exist: alive and conscious of the finitesimal to the infinitesimal in the cosmos. To be here and now is a journey of 13.7 billion years in the cosmos—this fact should overshadow everything else. Now, think of all the hazards our ancestors (atoms to elements to cells to microbes...eventually to mammals and Homo Sapiens) had to endure for roughly 4.55 billion years on this Earth, to ensure our survival.

Furthermore, let's review the process of conception: when a sperm joins with an egg. There are about 250,000,000 sperms in a male ejaculate. Of those 1/4 billion sperms, only about 100 get a chance to fight to join the egg. Of those 100, only one wins and conceives resulting in a life: YOU.

In addition, think of the diseases, famines, wars, natural disasters, and accidents throughout history that could have ended our lineage or the human race.

In the grand scheme of things, all the pettiness and grudges of daily life are meaningless—they are clutter and have no value. We are fortunate to be alive and given the opportunity to love, laugh, and live. Be grateful.

Gratitude is not only the greatest of virtues,
but the parent of all others.



Cicero

Gratitude is an appreciation of your life right
now, versus where you want it to be.



Robert Emmons

A human being is a part of the whole called by us universe, a part limited in time and space. He experiences himself, his thoughts and feeling as something separated from the rest, a kind of optical delusion of his consciousness. This delusion is a kind of prison for us, restricting us to our personal desires and to affection for a few persons nearest to us. Our task must be to free ourselves from this prison by widening our circle of compassion to embrace all living creatures and the whole of nature in its beauty.



Albert Einstein



No one has ever become poor by giving.

Anne Frank



Be thankful for what you have; you'll end up having more. If you concentrate on what you don't have, you will never, ever have enough.

Oprah Winfrey



Appreciation is a wonderful thing. It makes what is excellent in others belong to us as well.

Voltaire

Live life fully while you're here. Experience everything. Take care of yourself and your friends. Have fun, be crazy, be weird. Go out and screw up! You're going to anyway, so you might as well enjoy the process. Take the opportunity to learn from your mistakes: find the cause of your problem and eliminate it. Don't try to be perfect; just be an excellent example of being human.



Anthony Robbins

Each person is responsible for their own lot in life, and it is only after we take care of ourself can we hope to succeed in helping others.



Motherly Advice



Cultivate the habit of being grateful for every good thing that comes to you, and to give thanks continuously. And because all things have contributed to your advancement, you should include all things in your gratitude.

Ralph Waldo Emerson



Being a Humanist means trying to behave decently without expectation of rewards or punishment after you are dead.

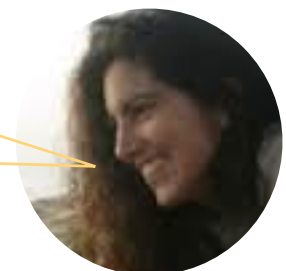
Kurt Vonnegut

Let us be grateful to the people who make us happy; they are the charming gardeners who make our souls blossom.



Marcel Proust

I believe our longing for an innate harmony runs deeper than our longing for righteousness.



Evelyn Rodriguez

We learned about gratitude and humility—that so many people had a hand in our success, from the teachers who inspired us to the janitors who kept our school clean, and we were taught to value everyone's contribution and treat everyone with respect.



Michelle Obama



None is more impoverished than the one who has no gratitude. Gratitude is a currency that we can mint for ourselves, and spend without fear of bank-

Fred De Witt Van Amburgh



If someone treats you badly, remember that there is something wrong with them, not you. Normal people don't go around destroying other Human Beings.

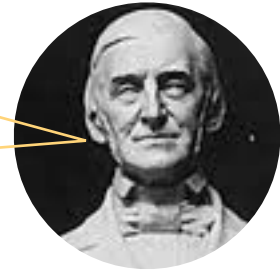
Naturalopist

No person in the world has ever lost anything by being nice to me.



Lillie Langtry

A great man is always willing to be little.



Ralph Waldo Emerson

Appreciate what you have while you still have it because one day you won't.



Robert Tew

Even a happy life cannot be without a measure of darkness, and the word happy would lose its meaning if it were not balanced by sadness. It is far better take things as they come along with patience and equanimity.



Carl Jung

Feeling gratitude and not expressing it is like wrapping a present and not giving it.



William Arthur Ward

If you have nothing to be grateful for,
check your pulse.



Naturalopist

The more we are concerned for the well-being of
others, the closer we will feel to each other.



Dalai Lama XIV

Do good work and let no one hear of it. For
me, that is the essence of charity.



Trung Nguyen



Naturalopist

No matter how big your house is, how new your
car is, or how big your bank account is, our
graves will always be the same size. So, stay hum-
ble and be grateful.

TIME TESTED BEAUTY TIPS

For attractive lips, speak words of kindness.

For lovely eyes, seek out the good in people.

For a slim figure, share your food with the hungry.

For beautiful hair, let a child run their fingers through it once a day.

For poise, walk with the knowledge that you never walk alone.

People, more than things, have to be restored, renewed, revived, reclaimed, and redeemed. Remember, if you ever need a helping hand, you will find one at the end of each of your arms.

As you grow older, you will discover that you have two hands,
one for helping yourself,
and the other for helping others.



Sam Levenson

KINDNESS

kindness

benevolence, courtesy, decency, graciousness, goodwill, affection; considerate, helpful

1. The state of being kind.
2. The instance of kind or charitable behavior.

The most important step to kindness is not to judge, but to accept. If we want to change someone or something, do it by example, not judgement. It is human nature to comment, opine, and judge what we don't understand. After all, they are some of the reasons why language was developed. However, in commenting, opining, and judging, we often do so at the expense of another person. Again, the first step to kindness is to be non-judgmental: it is not our place to judge. We do not have the privilege nor the right to judge another person. Most importantly, there is nothing to be gained by judging another person. However, we lose goodwill when we judge. Also, we are often projecting what we see in our own hearts, the qualities we dislike about ourself unto another person when we judge. Leave the judging to the judges and juries. Practice kindness on someone we love, someone we dislike, and someone we're unsure about. Are their responses more or less the same?

Paradoxically, our kindness doesn't start with another person; it starts with ourself. If we are non-judgmental toward ourself, then kindness to others comes naturally. We need to accept ourself—mistakes, faults, warts, baggages, defects, and all before we can extend kindness to others. We can only give to others what we have.

DO GOOD

BE KIND

HAVE FUN

If there is any kindness I can show, or any good thing I can do to any fellow being, let me do it now, and not defer or neglect it, as I shall not pass this way again.



William Penn

My religion is very simple.
My religion is kindness.



Dalai Lama XIV

When you carry out acts of kindness you get a wonderful feeling inside. It is as though something inside your body responds and says, yes, this is how I ought to feel.



Harold Kushner



You cannot do a kindness too soon, for you never know how soon it will be too late.

Ralph Waldo Emerson

Be kind, for everyone you meet
is fighting a hard battle.



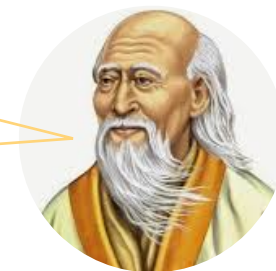
Philo

Be kind to people on the way up—you'll
meet them again on your way down.



Jimmy Durante

Kindness in words creates confidence. Kind-
ness in thinking creates profoundness. Kindness
in giving creates love.



Lao Tzu



Don't ever mistake my silence for ignorance, my calm-
ness for acceptance and my kindness for weakness.

Naturalopist

No act of kindness, however small, is ever wasted.



Aesop

Kindness gives birth to kindness.



Sophocles

A smile is a curve that sets everything straight.



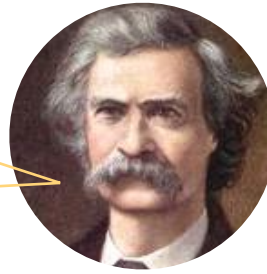
Phyllis Diller

It's nice to be important, but it's more important to be nice.



Naturalopist

Kindness is a language which the deaf can hear and the blind can see.



Mark Twain



Forget injuries,
never forget kindnesses.

Confucius



The world is full of nice people.
If you can't find one, be one.

Naturalopist



We change the world a little each
day with our kindness.

Tom Giaquinto

Kill them with kindness.

Motherly Advice



When I was young, I used to admire intelligent people; as I grow older, I admire kind people.



Abraham Joshua Heschel

If you can't be nice, be quiet.



Naturalopist

Constant kindness can accomplish much. As the sun makes ice melt, kindness causes misunderstanding, mistrust, and hostility to evaporate.



Albert Schweitzer

THE LION AND THE MOUSE

A Lion lay asleep in the forest, his great head resting on his paws.

A timid little Mouse came upon him unexpectedly, and in her fright and haste to get away, ran across the Lion's nose.

Roused from his nap, the Lion laid his huge paw angrily on the tiny creature to kill her.

“Spare me!” begged the poor Mouse. “Please let me go and some day I will surely repay you.”

The Lion was much amused to think that a Mouse could ever help him. But he was generous and finally let the Mouse go.

Some days later, while stalking his prey in the forest, the Lion was caught in the toils of a hunter's net. Unable to free himself, he filled the forest with his angry roar. The Mouse knew the voice and quickly found the Lion struggling in the net.

Running to one of the great ropes that bound him, she gnawed it until it parted, and soon the Lion was free.

“You laughed when I said I would repay you,” said the Mouse. “Now you see that even a Mouse can help a Lion.”

Moral: Kindness is never wasted. Kindness begets kindness.

Aesop's Fable



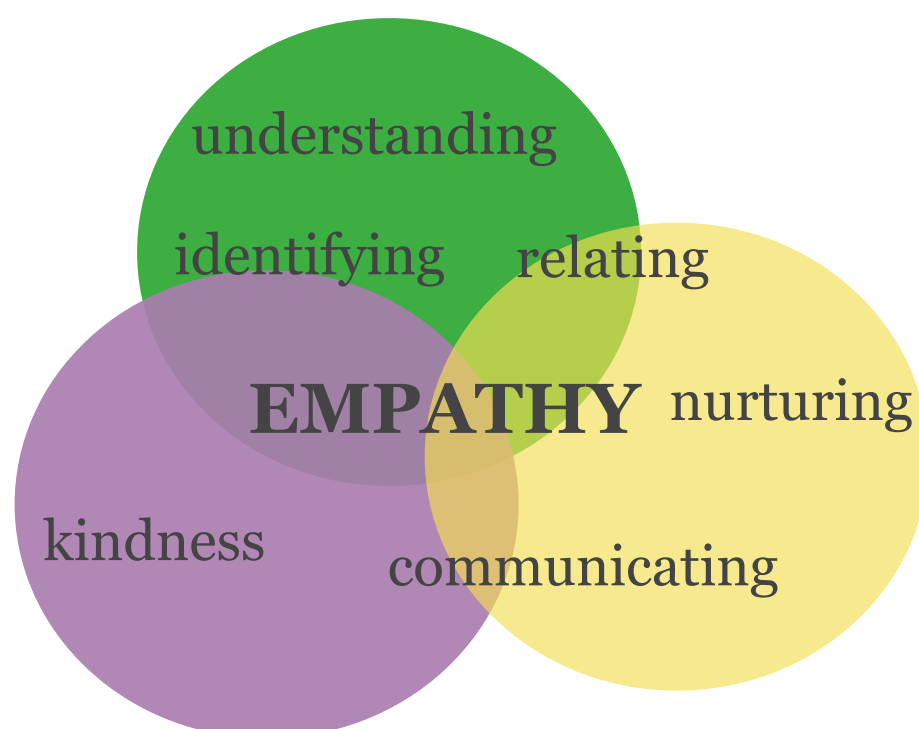
EMPATHY

empathy

affinity, insight, pity, understanding, rapport

1. The intellectual identification of the thoughts, feelings, or state of another person.
2. Capacity to understand another person's point of view or the result of such understanding.

Empathy is a subject of its own; it is one of the most important traits of Emotional Intelligence (EI). Empathy encompasses leadership skills, social skills, business skills, and self-improvement skills. Empathy boils down to this: understanding people. Whether it's at work, at home, or in another social setting, we are dealing with people. We need the cooperation of other humans to get things done in life. Therefore, to understand their needs, wants, dreams, and intentions helps us to assess the situation and respond accordingly. Each person is different, therefore we need to respond differently to each one, whether based on their personality type or their needs and wants.



Again, paradoxically, in order to understand other people, we need to first understand ourselves. Easier said than done. Put another way: when it comes to blood and money, we are all the same colours (red and green). Often, it's *how* we do things that separates us.

The mastery of empathy can only be achieved by interacting with different people over long periods. So, go ahead, reach out to people of different heritage, backgrounds, genders, and religions to empathize with them. If we interact with different people often enough, we'll find that they are very similar to us. On average, we sleep eight hours a day, work eight ours a day, unwind four hours a day. Therefore, we are 20 / 24 alike.

When people talk, listen completely.
Most people never listen.



Ernest Hemingway



Whenever you feel like criticizing any one, just remember that all the people in this world haven't had the advantages that you've had.

F. Scott Fitzgerald



Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around.

Leo Buscaglia

Resolve to be tender with the young, compassionate with the aged, sympathetic with the striving and tolerant with the weak and wrong. Sometime in your life, you will have been all of these.



Buddha



Help someone, you earn a friend. Help someone too much, you make an enemy.

Erol Ozan

The opposite of anger is not calmness.
It's empathy.



Mehmet Oz



If you see someone without a smile,
give them one of yours.

Dolly Parton

Self-absorption in all its forms kills empathy, let alone compassion. When we focus on ourselves, our world contracts as our problems and preoccupations loom large. But when we focus on others, our world expands. Our own problems drift to the periphery of the mind and so seem smaller, and we increase our capacity for connection—or compassionate action.



Daniel Goleman



I believe empathy is the most essential quality of civilization.

Roger Ebert

When I get ready to talk to people, I spend two thirds of the time thinking what they want to hear and one third thinking about what I want to say.



Abraham Lincoln

While you were judging others, you left the closet door open and a lot of skeletons fell out. Ooops!



Naturalopist



If you can learn a simple trick, Scout, you'll get along a lot better with all kinds of folks. You never really understand a person until you consider things from his point of view, until you climb inside of his skin and walk around in it.

Harper Lee

When you start to develop your powers of empathy and imagination, the whole world opens up to you.

Susan Sarandon



It is not for me to judge another man's life. I must judge, I must choose, I must spurn, purely for myself. For myself, alone.



Hermann Hesse

Empathy is seeing with the eyes of another, listening with the ears of another and feeling with the heart of another.



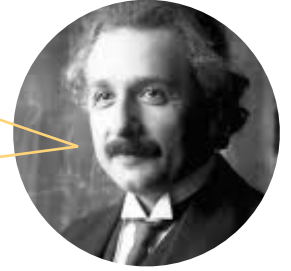
Alfred Adler

We have two ears and one mouth so that we can listen twice as much as we speak.



Epictetus

Peace cannot be kept by force; it can only be achieved by understanding.



Albert Einstein

There is no greater loan than a sympathetic ear.



Frank Tyger

Leadership is about empathy.



Oprah Winfrey

Let the refining and improving of your own life keep you so busy that you have little time to criticize others.



H. Jackson Brown, Jr.

THE BOY AND THE PUPPY

A farmer had some puppies he needed to sell. He painted a sign advertising the pups and set about nailing it to a post on the edge of his yard. As he was driving the last nail into the post, he felt a tug on his overalls. He looked down into the eyes of a little boy.

“Mister,” he said, “I want to buy one of your puppies.”

“Well,” said the farmer, as he rubbed the sweat off the back of his neck, “these puppies come from fine parents and cost a good deal of money.”

The boy dropped his head for a moment. Then reaching deep into his pocket, he pulled out a handful of change and held it up to the farmer. “I've got thirty-nine cents. Is that enough to take a look?”

“Sure,” said the farmer.

And with that he let out a whistle, “Here,Dolly!” he called.

Out from the doghouse and down the ramp ran Dolly followed by four little balls of fur. The little boy pressed his face against the chain link fence. His eyes danced with delight.

As the dogs made their way to the fence, the little boy noticed something else stirring inside the doghouse. Slowly another little ball appeared; this one noticeably smaller. Down the ramp it slid. Then in a somewhat awkward manner the little pup began hobbling toward the others, doing its best to catch up.

“I want that one,” the little boy said, pointing to the runt.

The farmer knelt down at the boy's side and said, "Son, you don't want that puppy. He will never be able to run and play with you like these other dogs would."

With that the little boy stepped back from the fence, reached down, and began rolling up one leg of his trousers. In doing so he revealed a steel brace running down both sides of his leg attaching itself to a specially made shoe.

Looking back up at the farmer, he said, “You see, sir, I don't run too well myself, and he will need someone who understands.”

Moral: The world is full of people who need someone who understands. How good it would be if we start empathizing with the weak people in our company and life and understand them.



Community Insights

www.citehr.com

ALTRUISM

altruism

philanthropy, selflessness, humanitarianism, charity, generosity

1. Action or behaviour that benefits another or others at some cost to oneself.
2. Regard for others, both natural and moral without regard for oneself; devotion to the interests of others; brotherly kindness; selflessness; contrasted with egoism or selfishness.

Contribution to the Self versus contribution to Humanity, or Egotism versus Altruism, which should we pursue? Ideally, we should pursue both.

Charity begins at home. Before we venture to change the world, we must not be a burden to our family, friends, and community. That is, we must be self-sufficient, be able to contribute to our community, and have something worthwhile to offer society. Our well-being must be satisfied first before we venture into altruism. Many have met unnecessary hardship and suffering when they pursued selfless and altruistic love for others without meeting their own needs first. Charity begins at home, then the community, then the world.

Note that the most revered and remembered people in history were those who had altruistic intentions. Geniuses such as Isaac Newton, Michael Faraday, James Clerk Maxwell, Dmitri Mendeleev, Nikola Tesla, and Albert Einstein were far from being the wealthiest people of their age, but their contributions are pervasive in our daily life. And will continue to be for millennia.

Enduring altruism is discovering the truths of humanity or the secrets of Nature for the benefit of society.

Life's most persistent and urgent question is,
"What are you doing for others?"



Martin Luther King, Jr.

All the gold in the world has no significance.
That which is lasting are the thoughtful acts
which we do for our fellow man.



Adolfo Prieto

That man is good who does good to others; if he suffers on
account of the good he does, he is very good; if he suffers at
the hands of those to whom he has done good, then his
goodness is so great that it could be enhanced only by
greater sufferings; and if he should die at their hands, his
virtue can go no further: it is heroic, it is perfect.



Jean de La Bruyère

Let us try to teach generosity and altruism,
because we are born selfish.



Richard Dawkins



What we have done for ourselves alone dies with us; what we have done for others and the world remains and is immortal.

Albert Pike



The measure of a man's humanity is the extent and intensity of his love for mankind.

Ashley Montagu

What is the moral code of altruism? The basic principle of altruism is that man has no right to exist for his own sake, that service to others is the only justification of his existence, and that self-sacrifice is his highest moral duty, virtue and value.



Ayn Rand



And so you have found out that secret—one of the deep secrets of Life—that all, that is really worth the doing, is what we do for others?

Lewis Carroll



Every man must decide whether he will walk in the light of creative altruism or in the darkness of destructive selfishness.

Martin Luther King, Jr.



Man becomes great exactly in the degree in which he works for the welfare of his fellow men.

Mahatma Gandhi



The way you get meaning into your life is to devote yourself to loving others, devote yourself to your community around you, and devote yourself to creating something that gives you purpose and meaning.

Mitch Albom



Be an opener of doors for such as come after thee.

Ralph Waldo Emerson



Who is the happiest of men? He who values the merits of others, and in their pleasure takes joy, even as though 'twere his own.

Johann Goethe



Observation of my life to date shows that the larger the number for whom I work, the more positively effective I become. Thus, it is obvious that if I work always and only for all humanity, I will be optimally effective.

R. Buckminster Fuller



Changing the world doesn't require much money. Again, think in terms of empowerment and not charity. How much were Gandhi's teachers paid? How much did it cost to give Dr. Martin Luther King the books that catalyzed his mind and actions?

Tim Ferriss

If our motivation for serving others is tied to a strong desire for specific outcomes or for praise, our potential is limited. Because we can never completely control the results of our efforts, we may become easily



John Makransky

Don't sacrifice yourself too much, because if you sacrifice too much there's nothing else you can give and nobody will care for you.



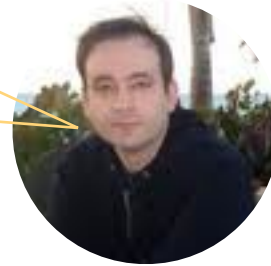
Karl Lagerfeld



The only way on Earth to influence the other fellow is to talk about what he wants and show him how to get it.

Dale Carnegie

Help someone, you earn a friend. Help someone too much, you make an enemy.



Erol Ozan

Love only grows by sharing. You can only have more for yourself by giving it away to others.



Brian Tracy

THEORY OF ALTRUISM

Altruism has two aspects. Loving others does not mean that we should forget ourselves. When I say that we should be compassionate, this does not mean helping others at the expense of ourselves. Not at all. Sometimes I say that the buddhas and bodhisattvas are the most selfish of all. Why? Because by cultivating altruism they achieve ultimate happiness.

We, in our selfishness, are very foolish and narrow-minded. All we do is create more suffering for ourselves. The selfishness of the buddhas and bodhisattvas is functional and efficient. It allows them not only to achieve awakening, but also the capacity to help others. That is really worthwhile. For me, this proves that to create maximum happiness for oneself, one needs to develop compassion. This is Buddhist logic.

If compassion induced misery, then it would be questionable. Why practice something that brings us more trouble? But that is certainly not the case with compassion. Just imagine if we all lived with no compassion, thinking only of ourselves. We would suffer greatly.

The more you think of others, the happier you are.



Dalai Lama XIV

ORIGIN

evolution

change, growth, development, progression, transformation, natural process

1. The change in the genetic composition of a population over successive generations.

abiogenesis

spontaneous order, spontaneous generation

1. The natural process of life arising from non-living matter such as simple inorganic compounds.

The origin of life debate consists of two camps: Evolutionists versus Creationists. Or science versus religion, abiogenesis versus biogenesis, empirical evidence versus myth, and Darwinism versus Creationism. These theories are incompatible with each other. In many cases, they contradict each other. However, there is only one truth.

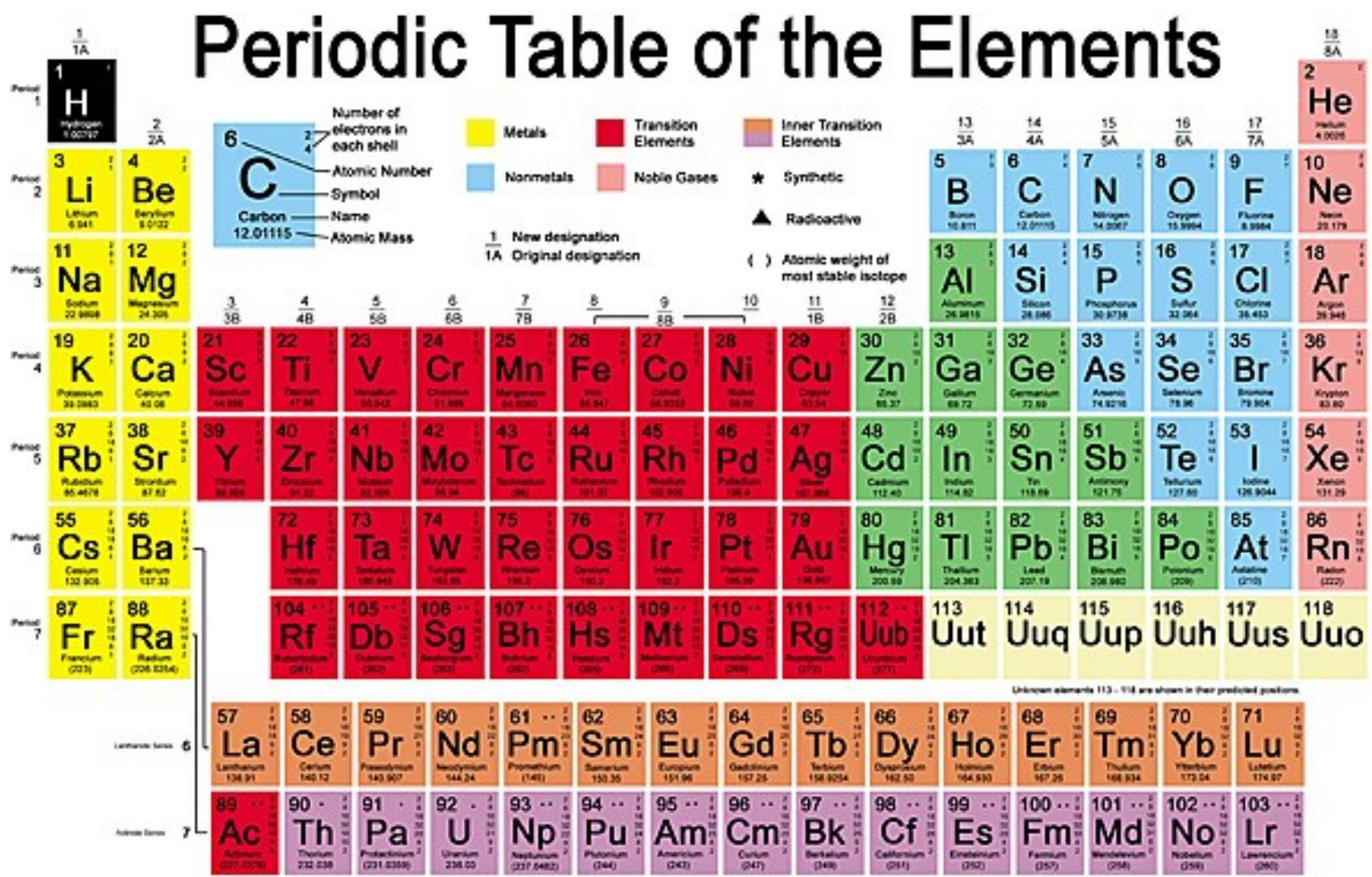
Creationists believe that roughly 6,000 - 10, 000 years ago, god created the Universe and Earth in 6 days and rested on the 7th day, thus Sunday. Creationists also believe in biogenesis—that only living organisms can create other living organisms. Creationists point to the Periodic Table of the Elements, in which all the elements that make up the Universe are inorganic (not living matter, not biological). Therefore, if everything in the Universe is made of inorganic elements, how did organic (biological) life originate from lifeless matter? Creationists also point to the astounding large odds to dismiss the theory of entropy (randomness). Creationists also point to the “missing link” in the theory of evolution—if humans evolved from apes, then why are apes still around?

entropy

decay, breakup, randomness, degeneration, disorder

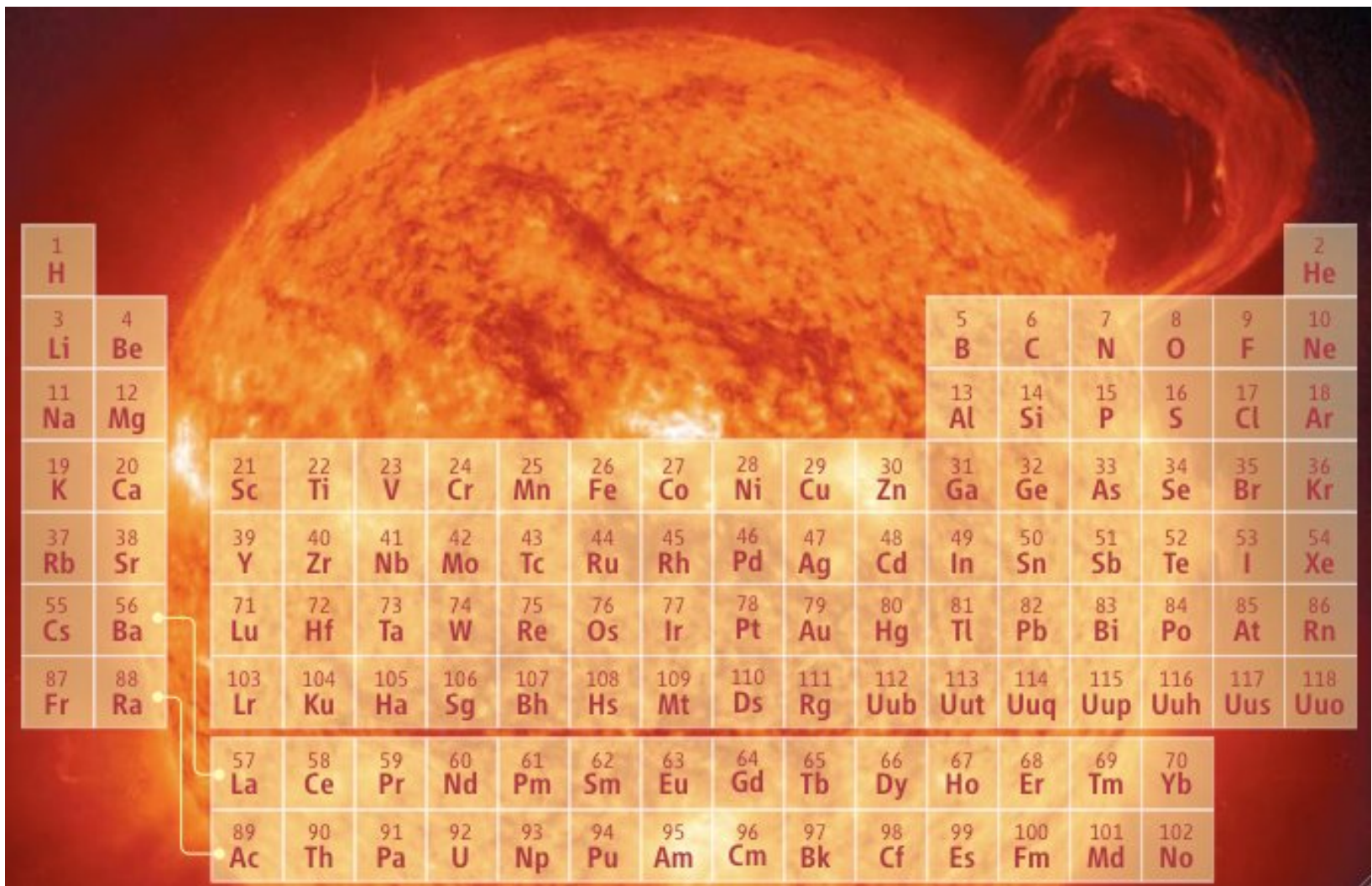
- 1. In thermodynamics, entropy (usual symbol S) is a measure of the number of specific ways in which a thermodynamic system may be arranged, commonly understood as a measure of disorder.
- 2. The tendency of a system that is left to itself to descend into chaos; uncountable.

Note the Periodic Table of the Elements below. It is believed that everything in the cosmos, including humans, is made of the elements listed below. Elements, such as hydrogen and oxygen, are made of atoms; which in turn are made of electrons, protons, and neutrons; which in turn are made of quarks; which in turn are made of the Higgs Boson elemental particle, or particles. For example, the content of the Sun is 71% hydrogen (H) and 27.1% helium (He). In the fantastically hot furnace of the Sun’ core, hy-



drogen and helium (both elements) are fused into heavier elements, such as oxygen(O), carbon(C), nitrogen(N), silicon(Si), magnesium(Mg), neon(Ne), sulfur(S), and iron(Fe). This is an example of how small things become big things in an entropic system, and how simple things become complex things.

When a star, such as our Sun, explodes (supervnova, dies), it gets unimaginably hot and in the process, heavier elements are created, giving birth to asteroids, moons, plan-

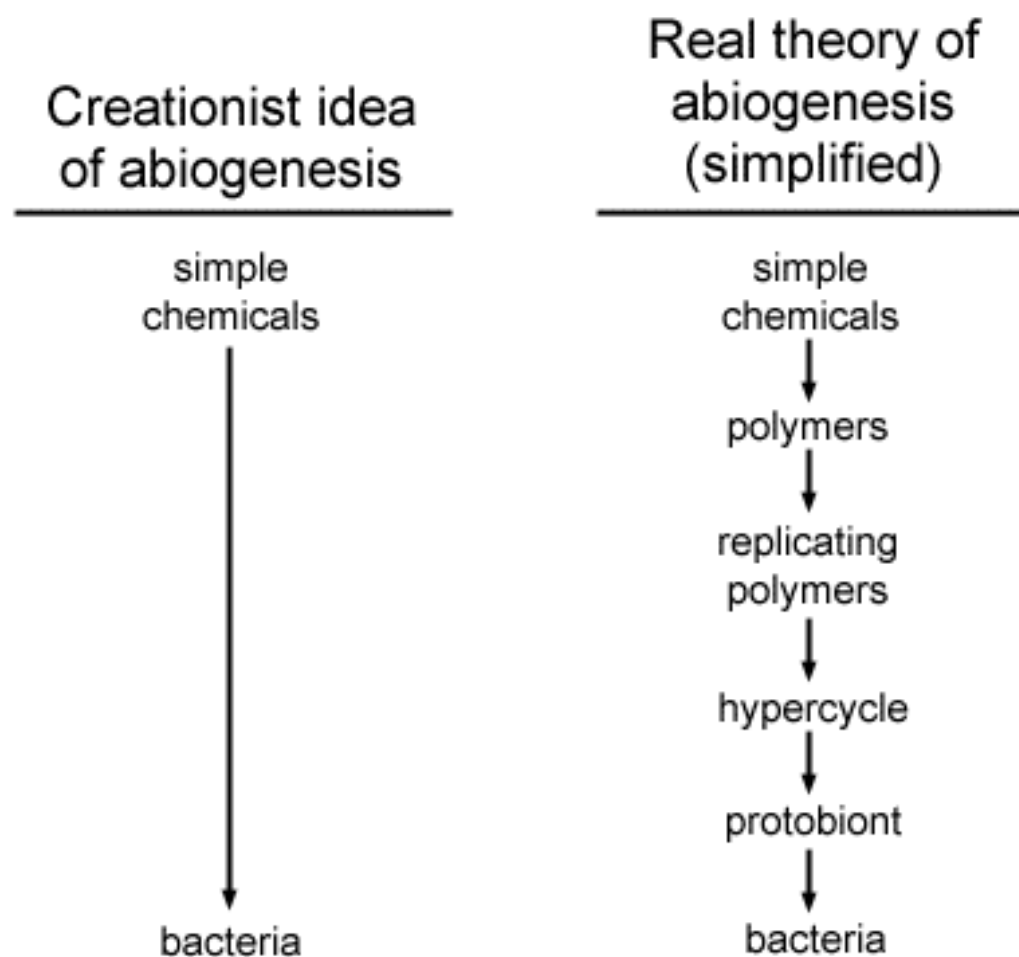


ets, and sometimes new stars. From the inner workings of the Sun, we see a common pattern: given enough time and with the right energy and condition, smaller things become bigger things and simple things become complex things.

However, if everything in the cosmos is made of inorganic elements, how is it possible that biological lifeforms such as plants and humans originated from those lifeless matter? This is the abiogenesis versus biogenesis debate. Creationists believe in biogenesis—that only organic organisms can give life to other organic organisms.

Again, when small things are left alone, with enough time, energy, and entropy working for them, small things become bigger, complex things. Small things amalgamate,

fuse, rearrange, synthesize, and even reproduce. For example, a common compound is water (H₂O), which is made of two elements: hydrogen (H) and oxygen (O).



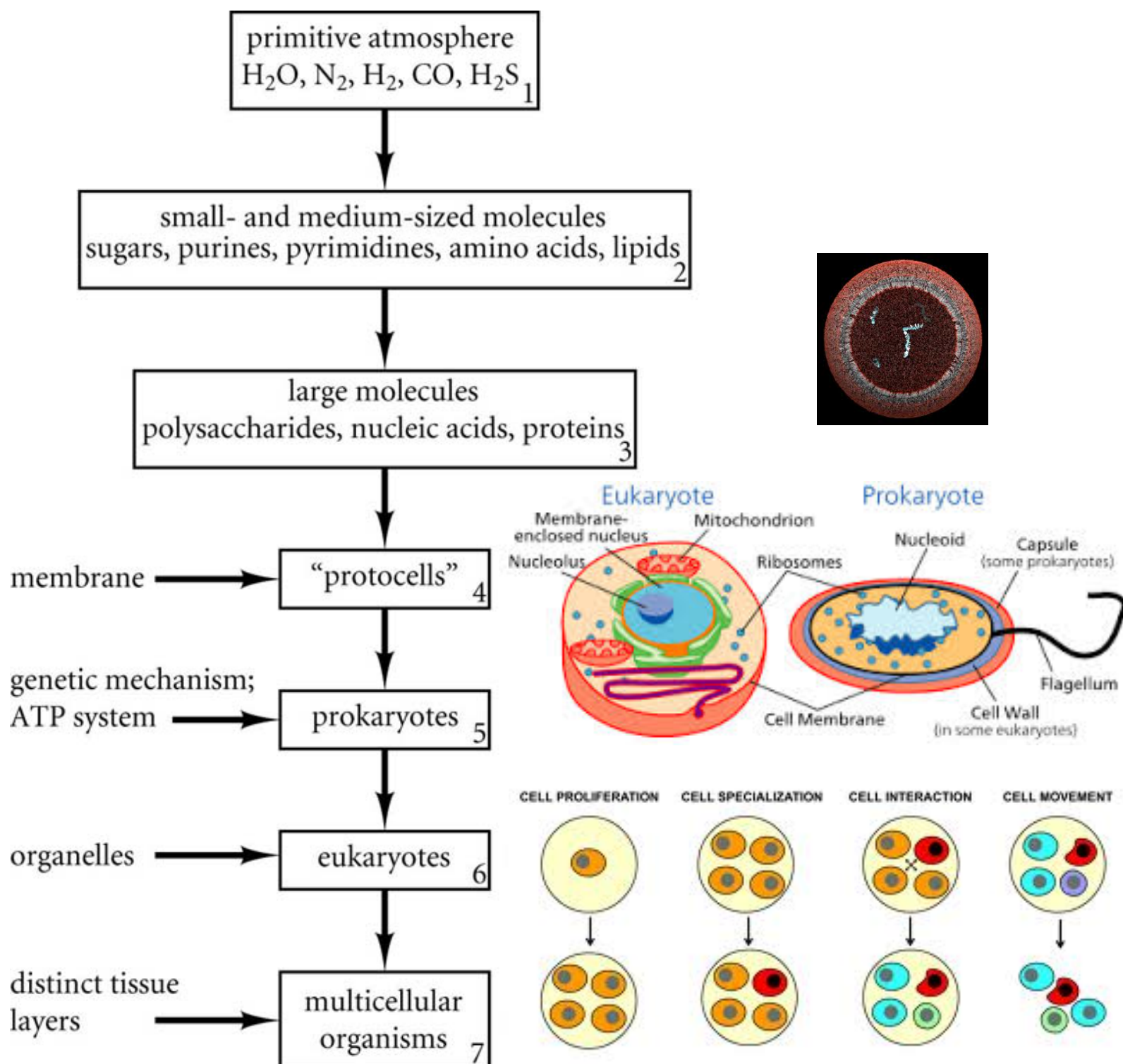
We are infinitesimally small in the infinitely massive cosmos. Our concept of time is in days, weeks, months, and decades—any period longer than eight decades is history to most of us. This is how eighty years looks like: 80 years. Now, imagine 3.55 billion years, or 4.55 billion years, or 13.7 billion years:

- 80 years (average lifespan of many humans)
- 3, 550, 000, 000 years (estimated age of first organic, multicellular organism)
- 4, 550, 000, 000 years (age of Earth)
- 13, 780, 000, 000 years (age of Universe)

We have no personal point of reference or any way to comprehend the staggering expanse of “billions” of years. We only say the billions as a number with a decimal. But behind those billions of years are the processes of entropy and abiogenesis at work. Then add **energy** from radiation, lightning, volcanic eruption, or other energy sources and we have the blueprint for our genetic material.

With enough time, elements amalgamate into simple-inorganic compounds, simple compounds into complex compounds; when energy is added, inorganic compounds turn into organic compounds, organic compounds into molecules, molecules into cells, cells into microbes; microbes and cells into tissues, tissues into organs, organs into multiple organs; into small species, and eventually into humans. It is estimated that the human body has about 100 trillion cells, which varies depending on the mass of the person.

Just like the Sun is comprised of smaller parts, the human body is also comprised of smaller parts. These smaller parts of the Sun and the human body have their beginnings from the Periodical Table of the Elements. And with the blessing of time, entropy, and energy, those elements evolved to form complex, organic matter.



Darwin's Theory Of Evolution—The Premise



Darwin's Theory of Evolution is the widely held notion that all life is related and has descended from a common ancestor: the birds and the bananas, the fishes and the flowers—all related. Darwin's general theory presumes the development of life from non-life and stresses a purely naturalistic (undirected) “descent with modification”. That is, complex creatures evolve from more simplistic ancestors naturally over time. In a nutshell, as random genetic mutations occur within an organism's genetic code, the beneficial mutations are preserved because they aid survival—a process known as “natural selection.” These beneficial mutations are passed on to the next generation. Over time, beneficial mutations accumulate and the result is an entirely different organism (not just a variation of the original, but an entirely different creature). —www.darwins-theory-of-evolution.com

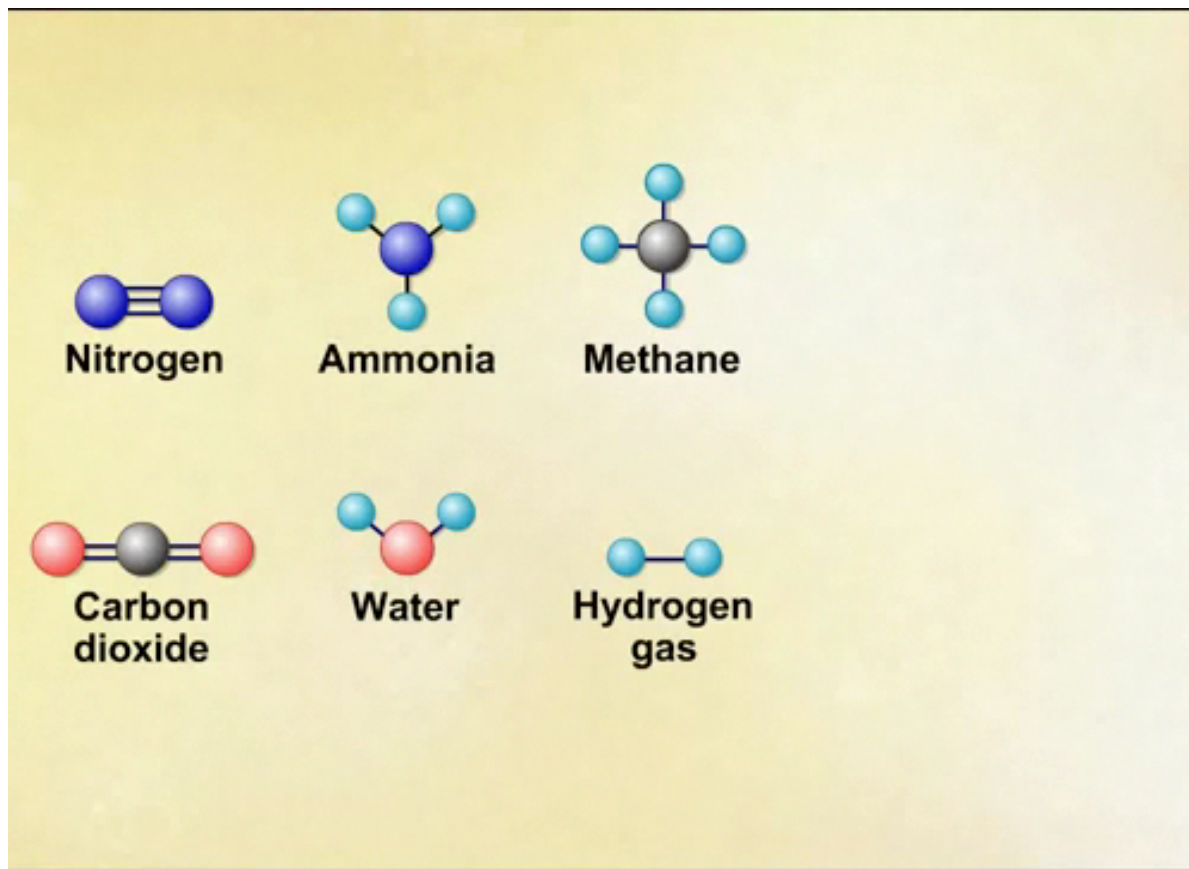
The Missing Link

Creationists point to a perceived flaw in Darwin's theory of evolution: If humans evolved from apes, then why are apes still around? Darwin's theory postulates that humans shared a common ancestor as apes—we did not directly evolve from apes. Therefore, there is no missing link.

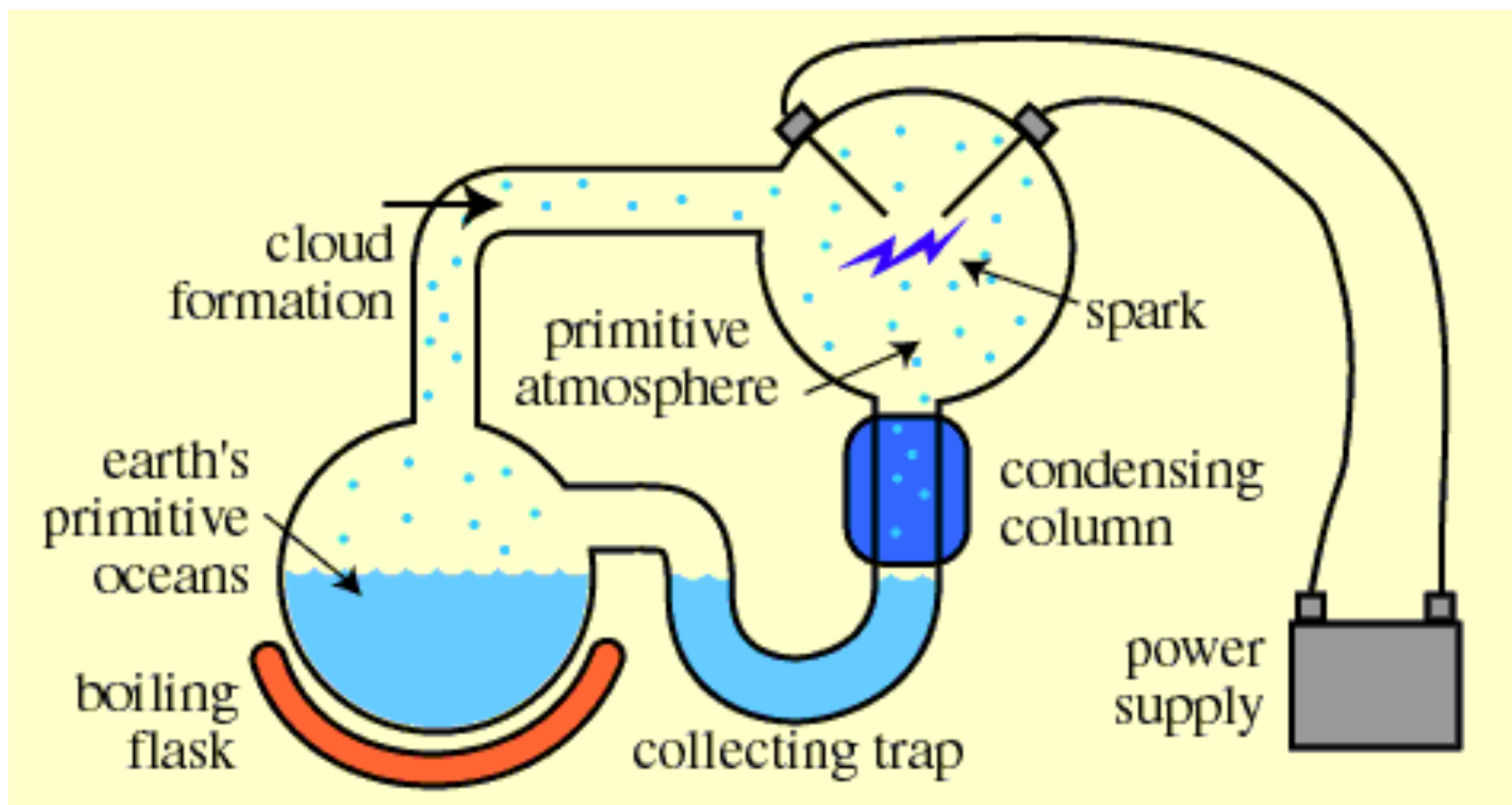
The God Dilemma

We are infinitesimally small in an unimaginably massive cosmos. If there were a god, it would have to be bigger than unimaginably big to have created the Universe and everything in it. If there were a god in this staggering immensity of existence, who is arrogant or delusional enough to think that god would care for her or him? This god, or intelligent designer, would have to be incomprehensibly powerful and its domain so immeasurably vast, that it would not care what we thought of it either way.

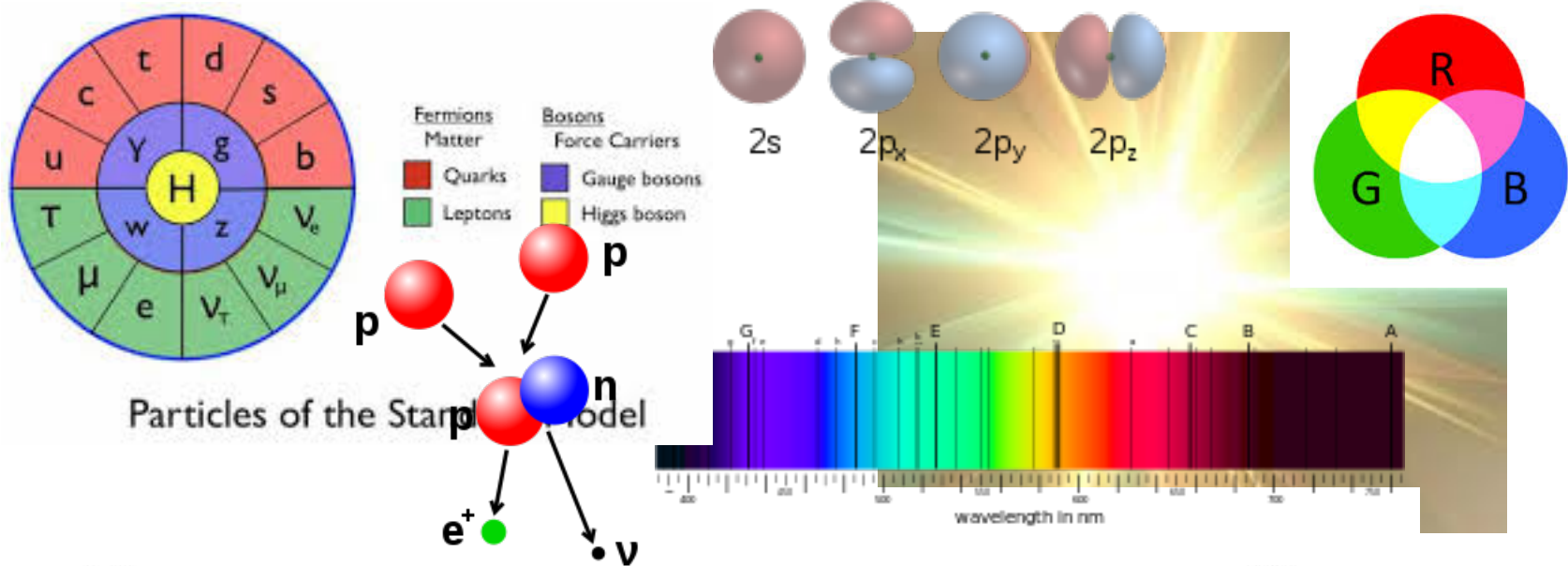
Video: Urey-Miller Experiment, 1953



Turning the inorganic into the organic. Video courtesy of Dr. Prodigious HD Animations.







Periodic Table of the Elements

atomic number → 26
 white text = gas state at 0 °C
 chemical symbol → Fe
 chemical name → iron
 standard atomic weight → 55.85
 (lower - upper bounds)
 (lowest) no stable isotopes

Element Categories

- actinoids
- alkali metals
- alkaline metals
- transition metals
- lanthanoids
- metalloids
- nonmetals
- halogens
- noble gases
- unknown elements

Electron Configuration Blocks

s d p f

GROUP	1	2											13	14	15	16	17	18	
1	1 H hydrogen [1.007 - 1.009]																	2 He helium 4.003	
2	3 Li lithium [6.938 - 6.997]	4 Be beryllium 9.012											5 B boron [10.80 - 10.83]	6 C carbon [12.00 - 12.01]	7 N nitrogen [14.00 - 14.01]	8 O oxygen [15.99 - 16.00]	9 F fluorine 18.99	10 Ne neon 20.18	
3	11 Na sodium 22.99	12 Mg magnesium 24.31											13 Al aluminium 26.98	14 Si silicon [28.08 - 28.09]	15 P phosphorus 30.97	16 S sulfur [32.05 - 32.06]	17 Cl chlorine [35.44 - 35.46]	18 Ar argon 39.95	
4	19 K potassium 39.10	20 Ca calcium 40.08	21 Sc scandium 44.96	22 Ti titanium 47.87	23 V vanadium 50.94	24 Cr chromium 52.00	25 Mn manganese 54.94	26 Fe iron 55.85	27 Co cobalt 58.93	28 Ni nickel 58.69	29 Cu copper 63.55	30 Zn zinc 65.38	31 Ga gallium 69.72	32 Ge germanium 72.63	33 As arsenic 74.92	34 Se selenium 78.96	35 Br bromine 79.90	36 Kr krypton 83.80	
5	37 Rb rubidium 85.47	38 Sr strontium 87.62	39 Y yttrium 88.91	40 Zr zirconium 91.22	41 Nb niobium 92.91	42 Mo molybdenum 95.94	43 Tc technetium (98)	44 Ru ruthenium 101.1	45 Rh rhodium 102.9	46 Pd palladium 106.4	47 Ag silver 107.9	48 Cd cadmium 112.4	49 In indium 114.8	50 Sn tin 118.7	51 Sb antimony 121.8	52 Te tellurium 127.6	53 I iodine 126.9	54 Xe xenon 131.3	
6	55 Cs cesium 132.9	56 Ba barium 137.3	57-71 lanthanoids		72 Hf hafnium 178.5	73 Ta tantalum 180.9	74 W tungsten 183.8	75 Re rhenium 186.2	76 Os osmium 190.2	77 Ir iridium 192.2	78 Pt platinum 195.1	79 Au gold 197.0	80 Hg mercury 200.6	81 Tl thallium [204.3 - 204.4]	82 Pb lead 207.2	83 Bi bismuth 208.9	84 Po polonium (209)	85 At astatine (210)	86 Rn radon (222)
7	87 Fr francium (223)	88 Ra radium (226)	89-103 actinoids		104 Rf rutherfordium (261)	105 Db dubnium (262)	106 Sg seaborgium (266)	107 Bh bohrium (264)	108 Hs hassium (277)	109 Mt meitnerium (268)	110 Ds darmstadtium (271)	111 Rg roentgenium (272)	112 Cn copernicium (285)	113 Uut ununtrium (284)	114 Uuq ununquadium (289)	115 Uup ununpentium (288)	116 Uuh ununhexium (292)	117 Uus ununseptium (294)	118 Uuo ununoctium (294)

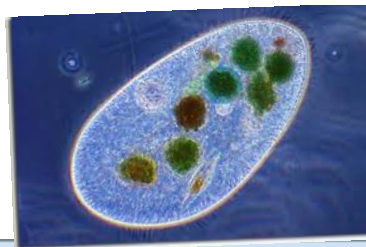
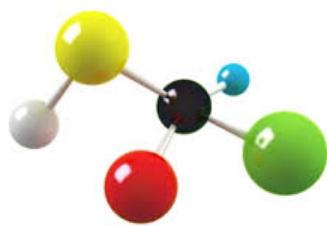
Natural Occurrence

primordial

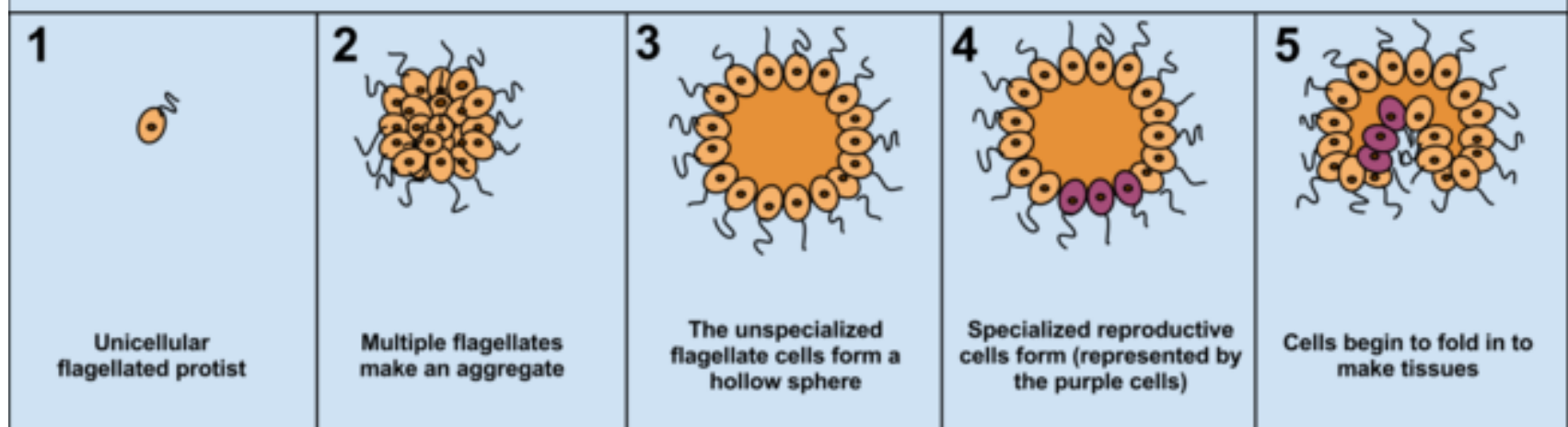
from decay

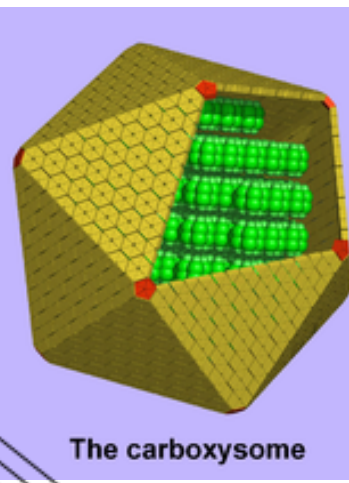
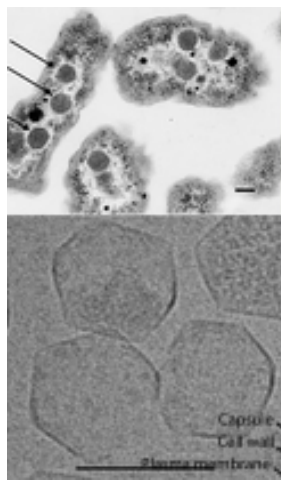
synthetic

57 La lanthanum 138.9	58 Ce cerium 140.1	59 Pr praseodymium 140.9	60 Nd neodymium 144.2	61 Pm promethium (145)	62 Sm samarium 150.4	63 Eu europium 151.9	64 Gd gadolinium 157.3	65 Tb terbium 158.9	66 Dy dysprosium 162.5	67 Ho holmium 164.9	68 Er erbium 167.3	69 Tm thulium 168.9	70 Yb ytterbium 173.1	71 Lu lutetium 175.0
89 Ac actinium (227)	90 Th thorium 232.0	91 Pa protactinium 231.0	92 U uranium 238.0	93 Np neptunium (237)	94 Pu plutonium (244)	95 Am americium (243)	96 Cm curium (247)	97 Bk berkelium (247)	98 Cf californium (251)	99 Es einsteinium (252)	100 Fm fermium (257)	101 Md mendelevium (258)	102 No nobelium (259)	103 Lr lawrencium (262)



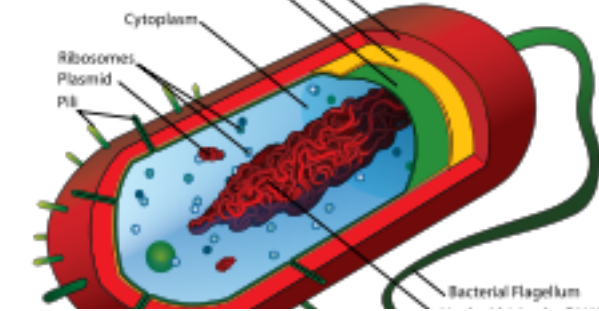
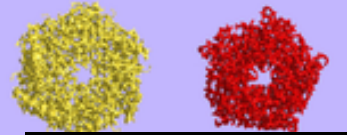
Colonial Flagellate Hypothesis



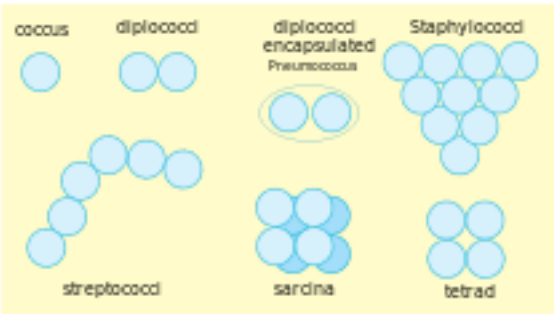


Enzymes and shell proteins

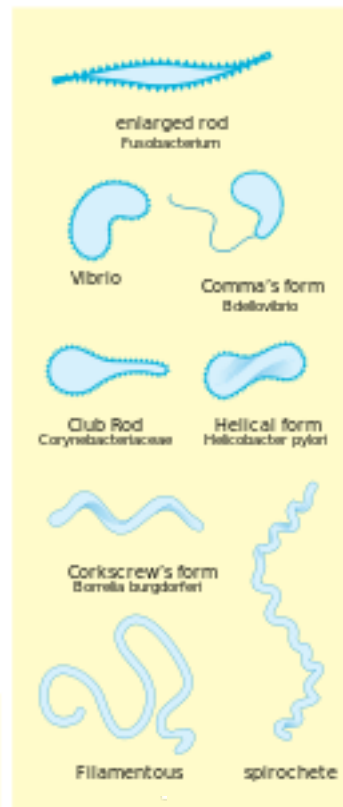
RuBisCO



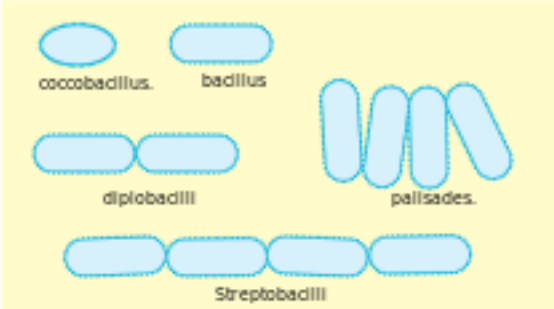
Cocci



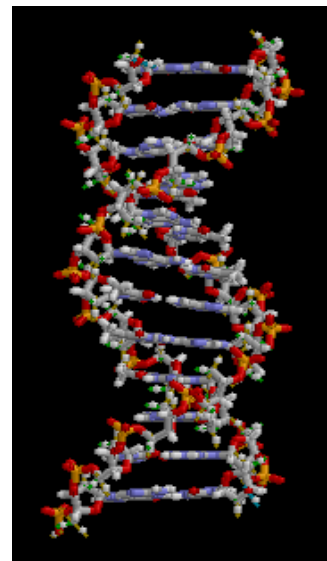
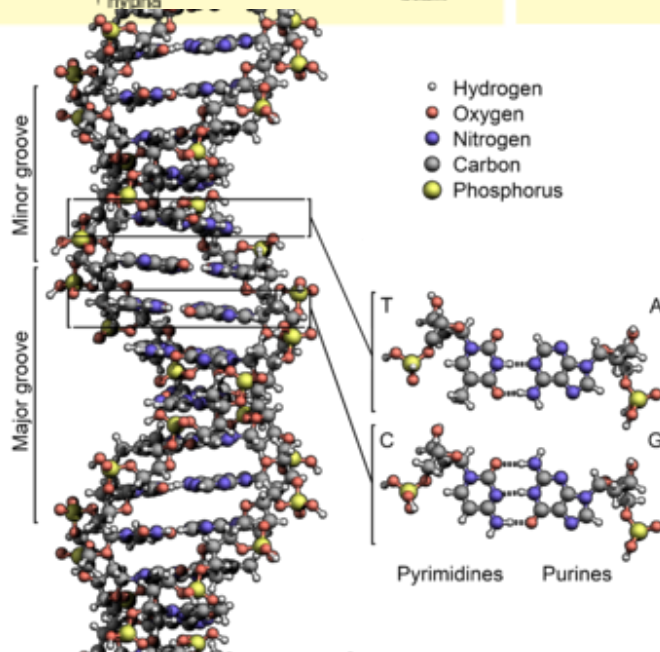
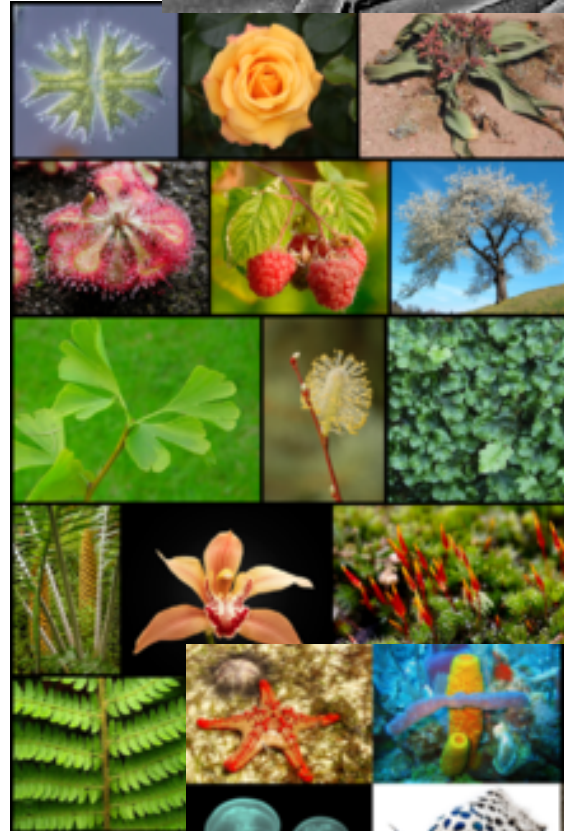
Others



Bacilli



Budding and appendaged bacteria





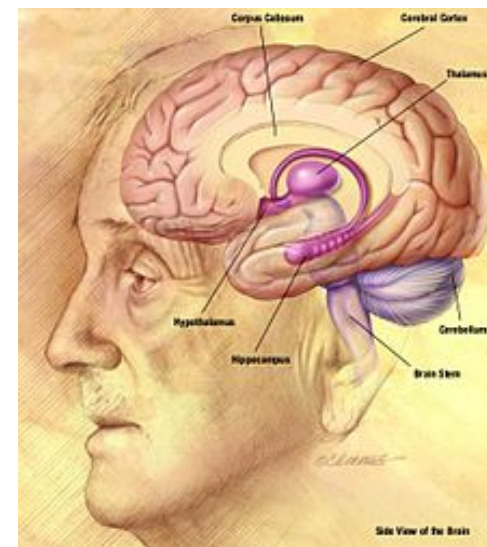
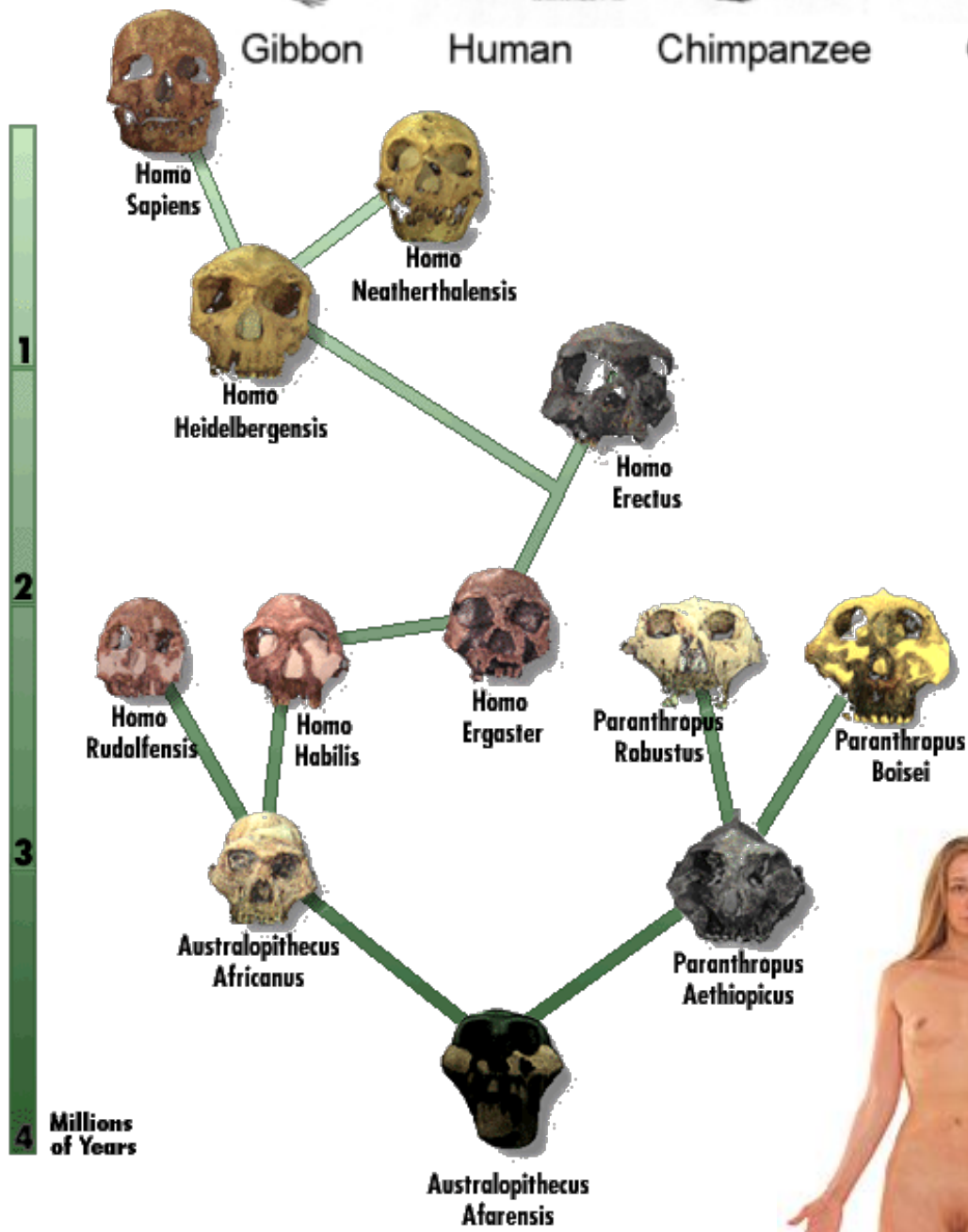
Gibbon

Human

Chimpanzee

Gorilla

Orangutan



THE PALE BLUE DOT

Our planet is a lonely speck in the great
enveloping cosmic dark...

Consider again that dot.

That's here.

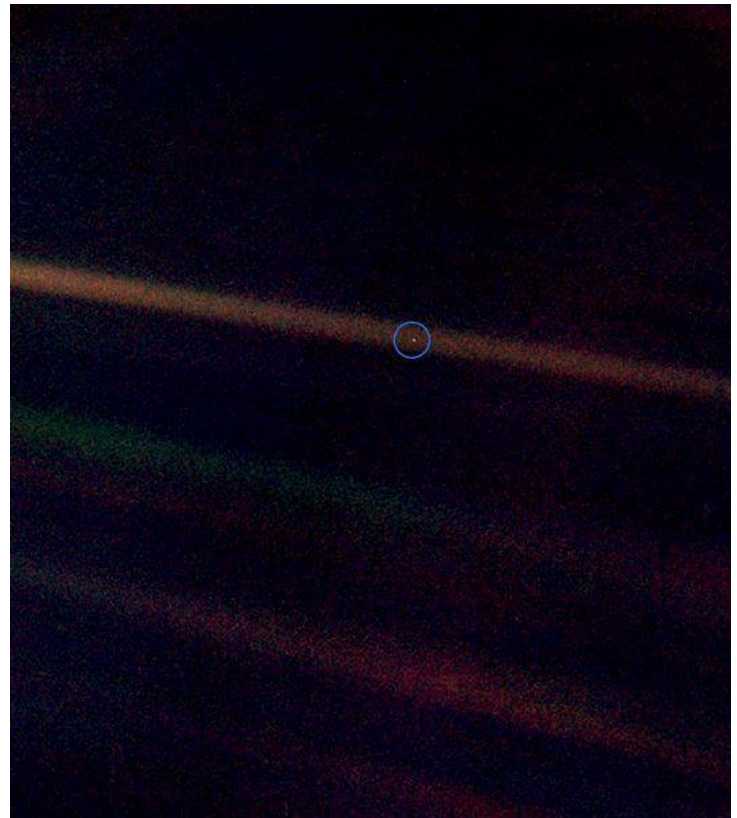
That's home.

That's us.

On it everyone you love,
everyone you know,
everyone you ever heard of,
every human being who ever was,
lived out their lives.

The aggregate of our joy and suffering,
thousands of confident religions, ideologies, and economic doctrines,
every hunter and forager,
every hero and coward,
every creator and destroyer of civilization,
every king and peasant,
every young couple in love,
every mother and father, hopeful child, inventor and explorer,
every teacher of morals,
every corrupt politician,
every "superstar,"
every "supreme leader,"
every saint and sinner in the history of our species lived there—

on a mote of dust suspended in a sunbeam.



Think of the rivers of blood spilled by all those generals and emperors so that in glory and triumph they could become the momentary masters of a fraction of a dot.

Think of the endless cruelties visited by the inhabitants of one corner of this pixel on the scarcely distinguishable inhabitants of some other corner.

How frequent their misunderstandings, how eager they are to kill one another, how fervent their hatreds.

Our posturings, our imagined self-importance, the delusion that we have some privileged position in the universe, are challenged by this point of pale light.

Our planet is a lonely speck in the great enveloping cosmic dark.

In our obscurity—in all this vastness—there is no hint that help will come from elsewhere to save us from ourselves.

The Earth is the only world known, so far, to harbor life. There is nowhere else, at least in the near future, to which our species could migrate. Visit, yes. Settle, not yet. Like it or not, for the moment,

the Earth is where we make our stand.



Carl Sagan

HUMANITY

NATURALOPY

CELEBRATING HUMANITY

Nature favours diversity to ensure the propagation of her creations; Humanity would be wise to also favour diversity when adopting knowledge. Although diverse and in silos, the foundation for our moral guidelines and belief system have been formulated by Humans before us and those still with us. There is no need to attribute to the gods what Humanity has accomplished. The Sumerians, Babylonians, Persians, Greeks, Egyptians, Romans, Mayans, and other great civilizations of the past once believed in gods. However, their faith did not save their civilizations.

If we are to co-exist, live peacefully, and advance together as a species, we need to abandon our gods, because fables and science are incompatible.

Since time immemorial, our ancestors have conjured ingenious myths and fables to explain the six primary metaphysical questions of existence (the BIG questions):

- Where did we come from?
- What is our purpose in life?
- Why do bad things happen to us?
- Is there a god?
- Are we alone in the Universe?
- What happens to us after we die?

Independently, for millennia, in different continents of the world, small groups of men congregated and concluded that humans could not adequately answer these existential

questions. Therefore, due to our ancestors's limited knowledge of the physical world at the time, they used their brilliant imagination. The answers to these pressing questions were deferred to a higher power, an omnipotent figure or a group of them—god or gods. Within each region of the world, ideas were borrowed and passed down from one religion to another, and as a result of empire building, several religions crossed continents and became pervasive in daily life.

As we are still witnessing, due to perpetual conflict, religion is extremely intrusive and problematic on a global scale. The Jews are still fighting Muslims in Israel-Palestine; Jews and Christians are often at loggerheads; Muslim sects are fighting each other throughout the Middle East; Christians are occupying Muslim countries; and Muslims are persecuting Christians in certain parts of the Middle East. It's a quagmire of hate, and this pattern of hate continues despite the fact that Christianity, Judaism, and Islam are all Abrahamic religions—they share the same root. Each one espouses peace as a central tenet of its religion, but we know it is very different in practice.

The inconsistencies, contradictions, and absurdities of every major religion are so glaring and abundant that it would take an encyclopedia to distill, and even chaff.

Three Religions, One Root, Dozens of Denominations, Countless Interpretations...In Perpetual conflict

First, take the Christians. The Christians believe in the Old Testament and the New Testament bibles, but do not believe in the Torah (Jewish holy book) or Quran (Muslim holy book). Christians believe that Jesus Christ is the Son of God sent by god himself to deliver men from their sins. In the Holy Trinity (conceptualized by Theophilus of Antioch, 412 AD.), Christians believe Jesus Christ is the Son of God, the Holy Spirit, and God himself—a 3 for 1 special. The Christian Holy Bible has been translated and re-interpreted several dozen times; therefore, no one knows how different it really is from the original text, if one did exist.

The Christians have been been waiting for over 2,000 years for the second coming of their prophet, Jesus Christ.

500 AD: The Kingdom of Heaven is upon us.

1000 AD: The Kingdom of Heaven is upon us.

1500 AD: The Kingdom of Heaven is upon us.

2000 AD: The Kingdom of Heaven is upon us.

The Kingdom of Heaven is never upon us, for one strange reason or another.

Second, take the Jews. The Jews believe in the Old Testament and the Torah, but not the New Testament nor the Quran nor Jesus Christ. The Jews believe Jesus Christ and Muhammad were false prophets. The Jews also believe that they are the Chosen People of god and have been waiting over 5,000 years for their Messiah to appear on Earth. For reasons not generally agreed upon, the Jews have been the most persecuted people in all of Humanity.

Third, take the Muslims. The Muslims believe in every Abrahamic holy book: Old Testament, New Testament (Holy Bible), Torah, and especially Islam's Quran. They also believe in all the Abrahamic prophets and messengers, such as Noah, Moses, Daniel, Elijah, Jesus Christ, and particularly Muhammad. Muslims believe that Muhammed was a prophet and a Messenger of God. Essentially, the Islamic religion is based on the account of one man who claimed he had received the words and will of god through the angel Gabriel. This is religious nuttury at its finest.

The religious madness continues when all the sects (movements, denominations) of each major religion are taken into consideration. The confusion and obfuscation are endless since each group has subgroups (branches) with their own interpretation of the "holy" scriptures. As examples:

Christianity: Catholic, Orthodox, Lutheran, Anglican, Mormon, Jehovah's Witness, Protestant, and so on.

Judaism: Orthodox, Conservative, Reform, Reconstructional, Hasidism, Kabbalah, and so on.

Islam: Ahmadiyya, Ibadi, Shia, Sufism, Sunni, Wahhabi, Nation of Islam, and so on.

If the word of god is final, then why is it so different? And why are there so many of them? And why do they utterly contradict each other? If we just skim the surface of religion, it would be reasonable to conclude that religion was created like TV channels:

at some point a group felt their interests were not being represented and decided to create a new channel (branch, denomination, sect, group). In this new channel, they concocted whatever they needed in order to attract and appease followers. As long as the sheep watched one channel, everything made sense, and considered divine and brilliant. However, as soon as the followers switched channels (self-education), nothing made sense anymore. There were inconsistencies, absurdities, and bull manure—piles and piles of it. Is it any wonder that the phrase “holy shit” is a cultural lexicon? However, we should applaud our ancestors for having wove brilliantly imaginative stories to explain the nature of existence.

Despite advances in communication, technology, education, and science, the moral guidelines and belief systems of most humans are still grounded in myths and fables. Like children reading fairy tale stories, these religious adherents believe *their* magical wizard exists. They cling to the absurd notion that their magical wizard has chosen them as its favourite children, to the exclusion of others—religion divides, Humanity unites. For these reasons, much of the strife and suffering in the world can be attributed to the divisive nature of religion.

Atavistic: characterized by reversion to something ancient or ancestral;
of a throwback or exhibiting primitivism.

Those who seek comfort in religion have an atavistic worldview—they hold onto the past because the present and future may be unpleasant for them, or they refuse to face the present and future. They refuse to let go and become objective in their worldview.

Religion: When we don't understand how the world works, make it up.

A sore point among the scientific community is that Abrahamic religions still teach their followers that the Universe and Earth were created 6,000 - 10,000 years ago by god, despite overwhelming scientific evidence against the assertion. Science has shown, using radiometric dating, geological stratigraphy, and helioseismic dating, that the Earth is roughly 4.55 billion years old. However, the generally accepted number among Christians is 6,000, and that figure was derived from counting successive generations since Adam and Eve in the Old Testament.

Miseducation is more dangerous than uneducation.

The Six Existential Questions of Life

There is ample, if not conclusive, evidence to support the theory of abiogenesis. In 1953, scientists Stanley Miller and Howard Urey demonstrated the process in which inorganic molecules mutated to complex organic molecules (amino acids, carbohydrates, nucleic acids) roughly 3.5 billion years ago, paving the way for biological life on Earth.

In 1956, using uranium-lead dating and lead-lead dating methods, geochemist Clair Patterson calculated that the Earth was roughly 4.55 billion years old. Even today, Dr. Patterson's estimate is considered accurate within 20-70 million years.

Recently, scientists have re-enacted the creation of our Universe, the Big Bang, in laboratories, particle accelerators, and computer simulations. The data from scientists working independently around the world places our Universe at roughly 13.7 billion years old. We also know from Nagasaki and Hiroshima that when an atom, invisible to the eyes, is split, it releases enough energy to start a chain reaction powerful enough to destroy a city. From these World War II events and our knowledge that mass and energy are interchangeable, we know that something infinitesimally small has the potential to become massively big under the right conditions—this is the awesome power of Nature.

The truth and answers to life are found in science and education, not in religion. Religion hampers our perspective and understanding of the world. Religion is miseducation. A devout religious person loses precious time; first by miseducation, then by re-education.

Let us ponder the primary existential questions of life, without involving religion.

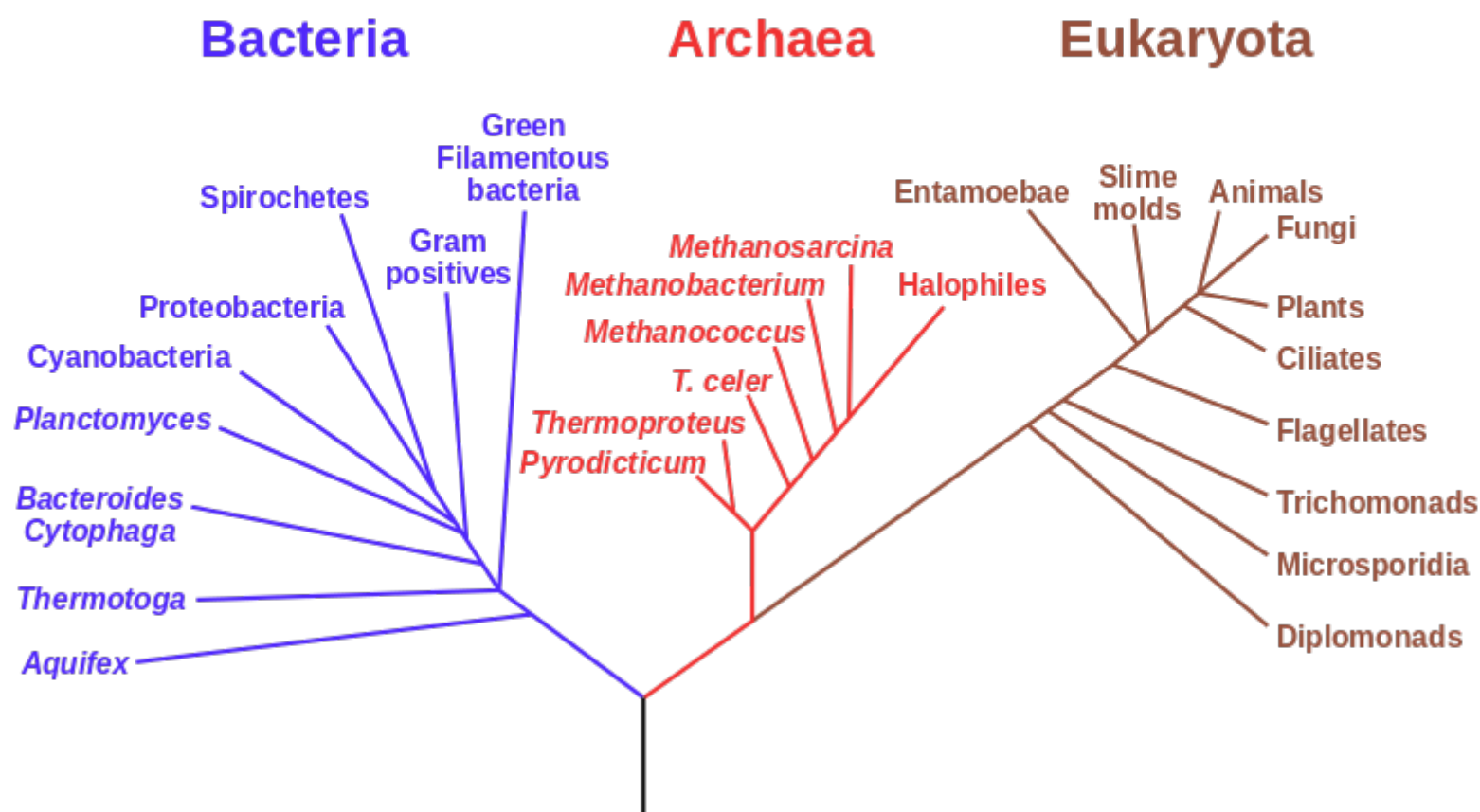
- Where did we come from?
- What is our purpose in life?
- Why do bad things happen to us?
- Is there a god?
- Are we alone in the Universe?
- What happens to us after we die?

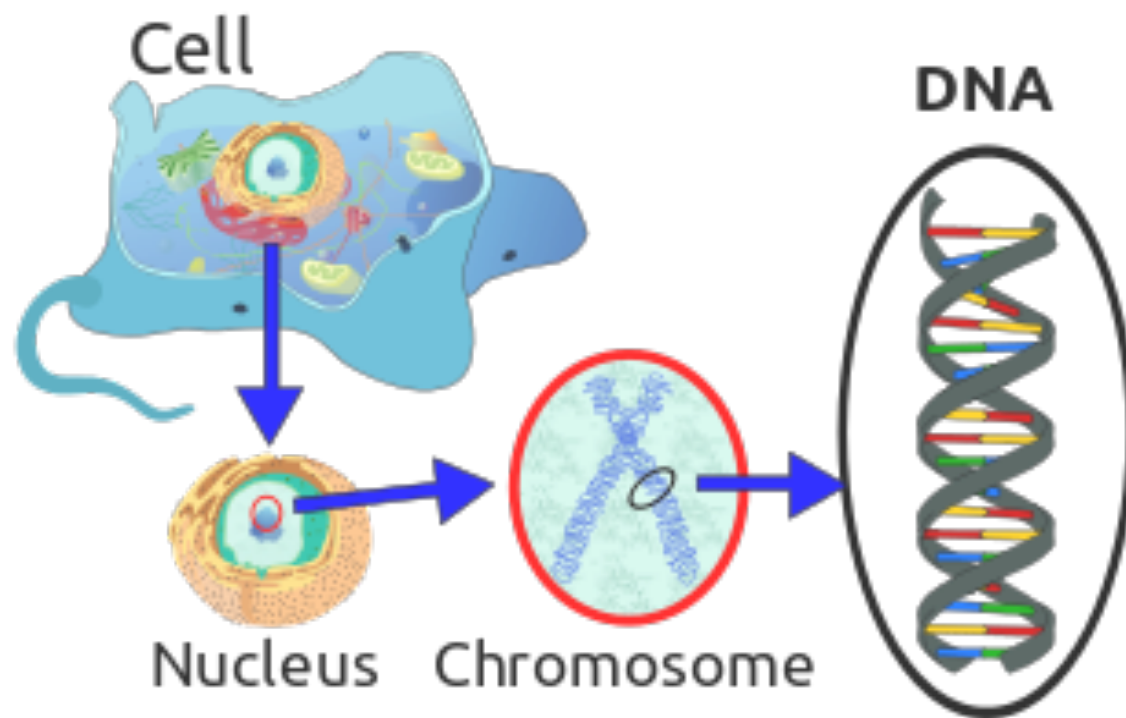
1. Where Did We Come From?

We are all powerful and extraordinary, for we were birthed by the stars. Nature created us through roughly 4.55 billion years of experimentation: from atoms; to chemical elements; to inorganic molecules; to complex-organic molecules; to single-celled organisms; to multicellular organisms of microbes and bacteria; to invertebrates, amphibians, fishes, reptiles, birds, and mammals; then the grand prize of evolution: Homo Sapiens, a thinking and reasoning animal atop the food chain, capable of the greatest vices and virtues.

We are constructed of the same elements as those in the stars: hydrogen, helium, oxygen, carbon, nitrogen, silicon, magnesium, neon, iron, and sulfur. The differences between the elements in our body and those in the Sun are the quantity, ratio, arrangement, and complexity—the fusion of the Sun’s lighter elements created heavier elements, then complex molecules in our body. This fact can be verified with electron microscopes, chemical analysis of our cells, spectral analysis, and carbon dating. We share a common ancestor with every living thing on this planet—the spiritualists knew this without requiring scientific evidence when they stated that “everything is connected to everything else.”

Phylogenetic Tree of Life





The average human body is comprised of roughly 100 trillion cells, each evolved over 3.5 billion years to perform a special function in a specific organ. Contrary to popular belief, humans did not evolve from apes—we share a common ancestor with them, just like we share a common ancestry with a butterfly, tree, lion, flower, and every organism on this Earth. Therefore, there is no “missing link” in Charles Darwin’s theory of evolution.

Whether biological life began on Earth in the ashes of underwater volcanoes or bacteria from asteroids (meteors) or on the surface of oceans, it began very small as microbes, then amalgamated and evolved from there to bigger organisms.



2. What Is Our Purpose In Life?

At the universal level, there is a shared baseline for the purpose of life: eat well, sleep well, mingle well, work well, and enjoy life. Every single study on happiness has shown that our connection to our community is one of the most— many times the most—important factor in how happy we are. Our contribution to our community and connection to Nature form the foundation of happiness and purpose.

At the individual level, the purpose of life is different from person to person. That is, the meaning of life varies depending on the person. It has been said that when we find our passion, we find our purpose. However, history has shown that the most purposeful and remembered lives are those who served Humanity—those who lit the path with glowing lights to show others the way. Their spirits are in this book.

The people who have found their purpose in life share some traits: they went through periods of trial and error before finally deciding what they were good at; they had failed before they succeeded; they enjoy what they do; they feel no need to defend what they do; they view what they do as a passion, not as work or a career; they feel what they do makes a difference in the lives of others; and they give back to their community.

If each and every day of our life, we do something productive that fills our waking hours, that is purpose enough. It will leave the world a better place than we found it.

As Ralph Waldo Emerson wrote, “The purpose of life is not to find yourself, but to *create* yourself.”

The meaning and purpose of life are covered more in depth in Precept 7: Purpose.

3. Why Do Bad Things Happen To Us?

Bad things happen to us for the same reason good things happen to us: the choices we make. The choices we make in life are cumulative and eventually end in consequence. When we made bad decisions, we were either ignorant of the repercussion or had a subconscious desire for the outcome. Summarily, good or bad things happen according to karma—the law of cause and effect. What goes around, comes around.

Of course there are exceptions to this karmic balance; two notable exceptions are natural disasters and children. When children, vulnerable and impressionable, are inflicted with suffering or evil, it is because they are dependent on their parents or caretakers, thus the child's karma is inherited. Or in reverse, parents are punished through the suffering of their children. Just like children who benefit from their parents's skillful deeds, so do children suffer from their parents's unskillful deeds. Our deeds affect us and those we care about. Only when children become emotionally independent and self-sufficient are they responsible for their own karma.

We reap what we sow.

4. Is There A God?

No.

At least not the ones that have been fabricated by humans. Gods have come and gone throughout history, just like the fideist civilizations that worshipped them.

Fideism: The doctrine that religion is the basis of all knowledge; that faith is independent of reason.

Religion has nothing to do with morality and science. We can have morality without religion; we can attain spirituality without priests, rabbis, or imams. We can explain and even predict natural phenomena without the aid of an intelligent designer. We understand how the world works without religious textbooks. We have discovered our origin without faith. We can accurately describe how the cosmos works without a god in it.

If a person does not know right from wrong, then they lack morality. They do not lack religion.

If a person does not understand how the world works, then they lack self-education. They do not lack religion. They have not been enlightened.

If we study history, we know that the Sumerians, Egyptians, Greeks, Romans, East Indians, Mayans, and every small and large civilization in-between believed in gods at one time or another. They did this for hundreds and even thousands of years. However, gods were created by our ancestors in an attempt to answer existential questions and explain natural phenomena.

- What caused lightening and thunder? God was angry.
- Was a comet a good omen or bad omen? Ask the fortune teller.
- What did a earthquake foretell? The end of the world.
- Why did it rain? Some god in the sky was sad and crying.
- Why did the seasons change? The harvest goddess's daughter was kidnapped and the daughter had to spend six months in hell, this made the goddess sad and

gloomy, therefore winter; when her daughter was returned for six months, the goddess was in a sunny disposition, therefore summer.

- What did the planets, stars, and other celestial bodies represent? Gods and goddesses.

Religion begins where knowledge ends.

Now, let's scrutinize religion from a modern perspective.

- Did Moses really talk to a burning bush on a mountaintop that was supposedly god?
- Did Noah really save civilization and all the animals on his big boat (arc)?
- Was Jesus really the child of a virgin mother; and he walked on water, and arose from the dead?
- Did Muhammad really receive the will of god through an angel?

Unfortunately, there are billions of people who still believe religious nonsense. They have fought, still do fight, and will fight each other to the death for their outdated religious beliefs. Witness the Christian Crusade, the Muslim Jihad, and the Jewish Protocols of the Elders of Zion (if it's to be believed as authentic). Three religions with supposedly one god, and in practice they can't even agree on the basic principles of that one god, hence the perpetual conflicts. The god question is, "Whose god?"

We are the most advanced civilization that Earth has ever harbored. Despite this fact, there are hundreds of millions of people who lack the fundamental principles of basic science. In a 2014 survey by the U.S. National Science Foundation, 26% of Americans thought the Sun revolved around the Earth; similarly, 34% of Europeans thought the same thing. In addition, 52% of Americans were unaware that humans evolved from earlier species of animals. The fact that the Earth revolves around the Sun was settled by Nicolaus Copernicus in the 16th century, but was suppressed by the Catholic Church. Similarly, the theory of evolution by Charles Darwin is being perverted and suppressed to this very day by devout Christians, Jews, and Muslims. Now, if the U.S. and Europe are considered First World, how much hope of enlightenment is there in Developing and Third World countries that are steeped in religion?

A Brief History of Religion

A religion becomes dominant when it is adopted by the elite and ruler. It's a top-down adoption and expansion pattern, and those who blindly follow are considered "sheep" by the enlightened. This herd mentality, blind faith, follow-the-leader, peer pressure, mob rule, or by any other name is true of the Christian, Jewish, and Muslim faiths.

First, examine Christianity, which was an illegal and persecuted cult for centuries throughout the Roman Empire. However, this cult became fashionable when Roman Emperor Constantine I adopted it as his official religion and instituted it in the First Council of Nicaea in 325 AD. From there, Christianity "borrowed" most ideas for Jesus Christ's divinity from the Pagans and Egyptians: birth from a virgin mother, rise after three days of death, Christmas for Winter Solstice, the son of god, the bringer of light, and so on. The Christian faith is a mashup of other faiths. Not surprisingly, there are now scholars who doubt if Jesus Christ had existed at all. If these scholars are right, then Jesus Christ was a fictional character. If Jesus did exist, he might have been a spiritual teacher or philosopher who was lionized and exaggerated by the Creed of Nicaea and subsequent ecumenical councils of Nicaea.

We know from history that Jesus Christ's godly features were fabricated to make him more appealing to the commoners. In truth, Jesus Christ was a product manufactured by the apostles of Nicaea, the predecessors to the priests of the Roman Catholic Church. As we note from history, Jesus was not considered divine until three hundred years after his supposed birth, when it was convenient for the ruling authority. Since the First Council of Nicaea in 325 AD, and largely thanks to the largesse of Emperor Constantine I, Christianity had spread with the Roman Empire. However, the Roman Empire has long since collapsed, but the Holy Roman Empire is alive and well in the Roman Catholic Church—the Pope has replaced the Emperor. The largest landowner in the world today is the Roman Catholic Church (the Vatican). There is much more to Christianity than religion.

Second, examine Judaism. It is believed that most Jews today are not descendants of the original Semites of the Middle East, but they are converts of European and Turkic heritage (Khazarian Empire theory, 618 - 1048 AD). Nowadays, to label someone a Jew is ambiguous. The Jews could be identified as a race who shared a common ancestry in Judea (Palestine), as the Romans called it. Or the Jews could be identified as a religious group who have adopted Judaism. Since 250 AD, the Jews have been ex-

pelled about 109 times from territories and nations in which they had inhabited—the two most prominent are the Spanish Inquisition (1492) and the World War II Holocaust (1939 - 1944). The Jews have also been victims of numerous edicts and pogroms. Whether they were considered subversive, as scapegoats, or just generally disliked for their belief that they were the Chosen People of God, the Jews as a group have suffered much throughout history. As religious hogwash goes, if god loved the Jews so much that he made them the Chosen People, he would have made more of them, like the 1.1 billion East Indians or the 1.3 billion Chinese. And god certainly would not have created the Israelites to be dependent on the generosity of American taxpayers.

Third, examine Islam, which is the youngest of the three major religions today. Islam came about when Muhammad (Abū al-Qāsim Muḥammad ibn ‘Abd Allāh ibn ‘Abd al-Muṭṭalib ibn Hāshim, 570 - 632 AD) had a series of “divine” revelations. He claimed that the angel Gabriel had revealed to him the words of god. These revelations were recorded in what is now the Muslim holy book, the Quran. When the sheiks and kings of many Arabian tribes adopted Muhammad’s teachings, their followers became Muslim adherents. The word “Muslim” means he who submits to god, or the will of god. In whole, the Muslim faith is based entirely on the account of one man, a businessman no less, who claimed an angel had spoken to him, and that this angel had revealed to him the will of god. If anyone made that claim today they would be locked up in an psychiatric ward and the key thrown away.

Destructive Muslim concepts such as infidels, Sharia Laws, fatwa, and jihad are familiar to non-Muslims. The Quran appears to be a book of fiction written by a man similar to the one who founded Scientology, Ron L. Hubbard. Humanity could face another Dark Age if Islam is spread unchecked. Islam is a backward religion, nothing in it agrees with reason, science, and especially basic human rights.

The three major religions have their root in the Middle East. Today, the region of the Earth that is constantly at war is the Middle East—people with the same ancestry killing each other because they belong to different sects or branches of the same religion. That is Karma on display. If left unrestrained, these religious numbskulls will continue to kill each other to establish nations governed by religious laws (read: theocratic societies, outdated, backward, irrational, oppressive, tyrannical).

Religion was, and is still, used to control people, not enlighten them; religion is the dumbing down of Humanity's potential, because religion is arbitrary and subjective. It is science that enlightens and reason that establishes the principles of morality. If we are to seriously enquire about god, we need to ask questions that we have no answers to.

- Who created god?
- Does god exist in the form of mass, energy, or both?
- Why has the voice or image of god never been heard or seen by a group of people? It's always unverifiable stories from a lone nut in the wilderness.

We've mapped the Earth, the solar system, part of the Milky Way galaxy, and have begun creating a 3-dimensional map of the Universe—where does god reside? If the answer is “everywhere”, that is Nature. Nature exists everywhere.

Religious fanatics like to challenge the agnostic or atheist with, “If you don't believe in god, then what do you believe in?”

A good place to start would be to believe in universal knowledge, collective wisdom, and spirituality. Humanity. Nature. Science.

If you need to believe in someone, believe in yourself.

5. Are We Alone In The Universe?

Most unlikely. There are an estimated 100-400 billion stars in a galaxy and 100 billion galaxies in the Universe, and these estimates keep increasing as new discoveries are made. Mathematically, according to the theory of chaos and the Frank Drake equation, there are millions of lifeforms in the Universe and probably thousands with our intellectual capacity, and some even exceeding our intellectual capacity. The primordial soup of elements that kickstarted life on Earth is a mathematical reality in millions of other solar systems in the cosmos.

Abiogenesis: The original evolution of life or living organisms from inorganic or inanimate substances.

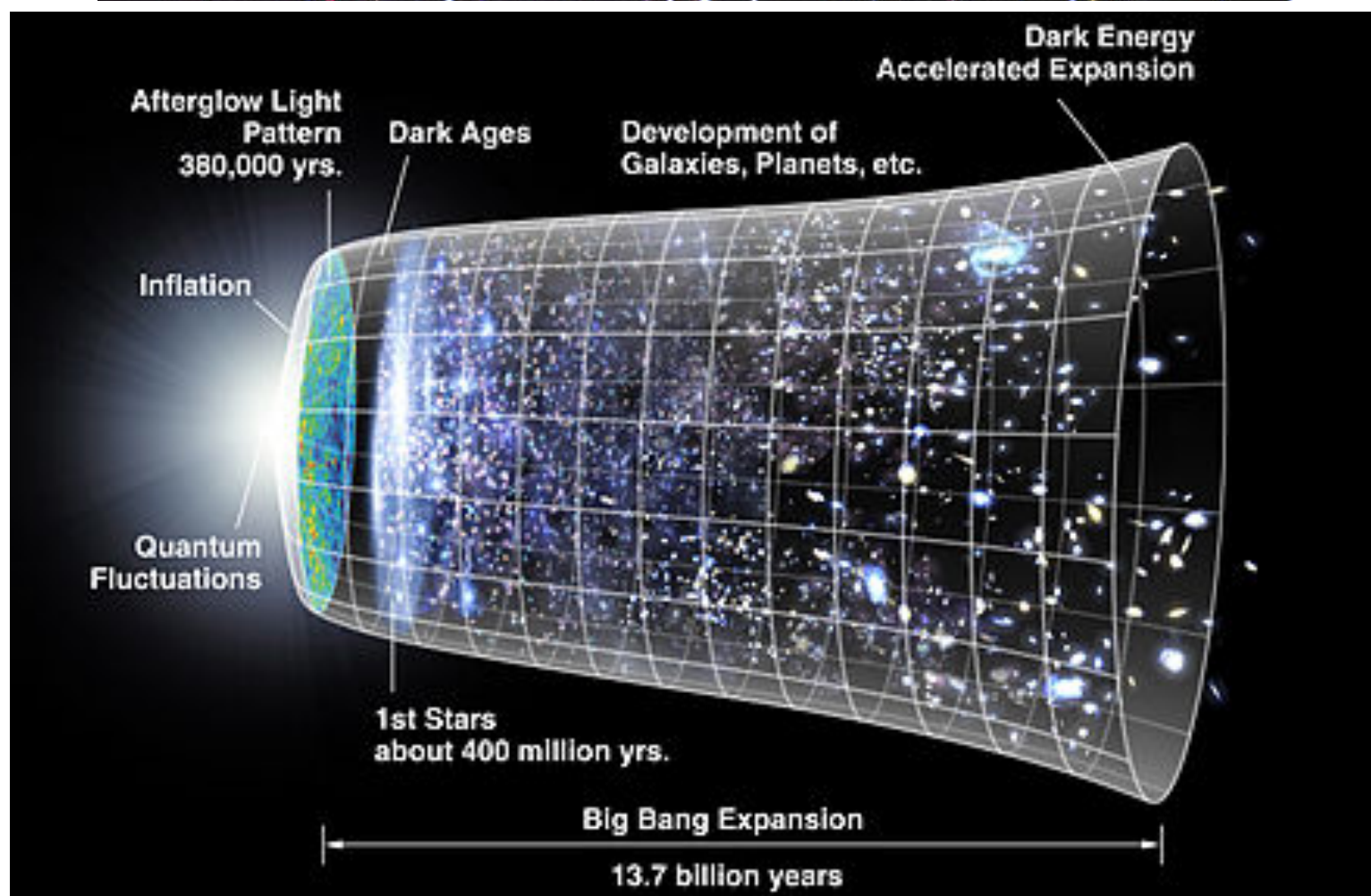
The process of abiogenesis that occurred on Earth, based on mathematical probabilities alone, is repeatable on other planets: atoms forged into light elements, light elements fused into heavier elements in the Sun, then a primordial soup of elements that meshed into inorganic molecules, then electrified and energized to form organic molecules, then prokaryote cells (cells with no nucleus), then eukaryote cells (cells with a nucleus capable of passing on genetic information), to multicellular organisms, to microbes and bacteria, then various species of amphibians, birds, arthropods, reptiles, and mammals. We are the product of Nature's experiment and patience, and Her laws permeate the cosmos. As Michael Faraday put it, "Nothing is too wonderful to be true, if it be consistent with the laws of nature."

Furthermore, according to String Theory, our Universe may only be one of many universes in a multiverse.

Our Universe is roughly 13.7 billion years old. The Earth is approximately 4.55 billion years old and not 6,000 - 10,000 according to Christian (Bible), Jewish (Torah), and Muslim (Quran) textbooks. Christianity, Judaism, and Islam are Abrahamic religions—they share the same root and believe that life originated in a corner of the Middle East 6,000 - 10,000 years ago through Creationism. Furthermore, peace is supposed to be a central tenet of these religions but they have been locked in perpetual conflict with no end in sight.

Our spiral Milky Way Galaxy (top) and Universe (bottom).

We are infinitesimally small in the cosmos. We do not need religion to divide us even smaller.



6.What Happens To Us After We Die?

There is an afterlife. We know this from observation. However, there is no evidence supporting the notion of heaven and hell as places of reward and damnation in the afterlife. Our afterlife resides in the memories of those we leave behind. Think of all the great people throughout history who are still with us in spirit because they touched our lives—their souls are their Afterlife. Whether our soul becomes famous or infamous, praised or condemned, admired or damned in the afterlife depends on whether we performed good or evil while we lived.

The good that we do will be remembered after we die—the greater the deeds, the longer the afterlife. Our essence lives on through loved ones and service to Humanity.

Throughout this book, we've met the afterlives of many great people who have enlightened us and shown us the path.

The cycle of life as designed by Nature is: birth and death, birth and death, ad infinitum...When something dies, its energy gives birth to another entity in the cosmos.

Life With Nature In The Cosmos

In summary, the 6 Big Questions of life are:

- Where did we come from?
- What is our purpose in life?
- Why do bad things happen to us?
- Is there a god?
- Are we alone in the Universe?
- What happens to us after we die?

If the first question can be answered with empirical evidence and by the process of elimination, then the answer to, “Is there a god?”, should be self-evident.

The God Dilemma

We are infinitesimally small in an unimaginably massive cosmos. If there were a god, it would have to be bigger than unimaginably big to have created the Universe and everything in it. If there were a god in this staggering immensity of existence, who is arrogant or delusional enough to think that god would care for her or him? This god, or intelligent designer, would have to be incomprehensibly powerful and its domain so immeasurably vast, that it would not care what we thought of it either way.

DEDICATION

This book is dedicated to all the brave women and men throughout history who fought against oppression, injustice, and tyranny. They stood up against oppression, injustice, and tyranny by the sword and of the mind. It is because of their courageous souls that many of us are able to enjoy the liberties and amenities of modern life. They are forever with us in spirit because they advanced knowledge and protected innate human rights for every person. They did what was beneficial for Humanity and were awarded with an everlasting Afterlife—their voices echo in this book.

We must have the courage and resolve to carry on their work. In doing so, we can only hope that our light will shine a fraction as bright as theirs in our Afterlife.

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